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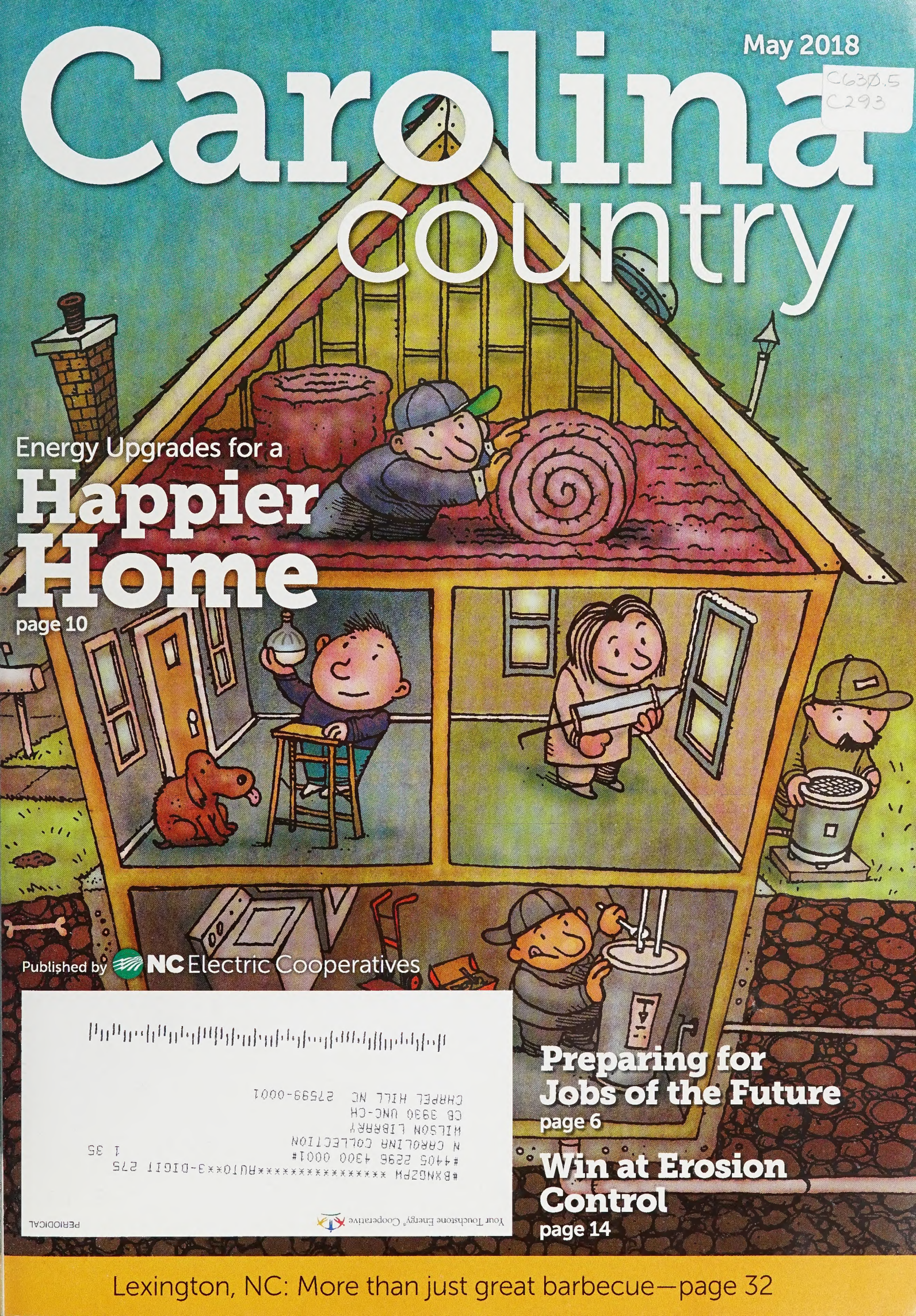

Energy Upgrades for a

Happier Home

page 10

Published by NC Electric Cooperatives

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Your Touchstone Energy® Cooperative

PERIODICAL

Preparing for Jobs of the Future

page 6

Win at Erosion Control

page 14

Lexington, NC: More than just great barbecue—page 32

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Limited Reserves. A full two carats of genuine blue topaz set in sterling silver for this price is as rare as a dolphin sighting. We cannot guarantee availability for long. Call today!

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— Dolphins-World

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An energy-efficient home is a happy home—learn about seven smart ways to invest in a comfortable and energy-efficient house, beginning on page 10. Illustration by David Clark

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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Stay Safe for a Fun Summer

By Molly Hall

Steve Wald and his kids felt sure they would make it home on their bikes before the storm hit. Instead, the wind brought a live power line to the ground in front of them. They turned back, sought shelter at the closest home, and learned that when thunder roars, you must go indoors.

The Studer boys didn't expect an electrical flash when they opened an unlocked electrical box in their new back yard. They were lucky the burns left no permanent scars. They and their parents want everyone to understand about pad-mounted equipment.

We don't want anyone to learn about electrical safety the hard way, through a personal experience that ends with life-changing injuries, or even death.

Working for an electric utility got me thinking about electrical safety several years ago. Before then, like most people, I turned on lights, plugged things in and never thought about electricity unless the power went out. That changed when I learned about the multitude of heartbreaking, life-changing incidents—most of which were avoidable.

> We don't want anyone to learn about electrical safety the hard way.

I'm passionate about sharing electrical safety information and preventing tragedies, and I'm proud to be part of Safe Electricity, a national educational program that works to prevent electrical tragedies and deaths. I am grateful for the hundreds of utilities who are partners in that mission.

We know that when we arm people with knowledge, they will make the right move to stay safe.

So make sure you understand the dangers of swimming near a marina or docks with electrical service.

Help children to recognize electrical equipment and stay away.

Look up when working with tall tools. Check for overhead power lines before placing ladders upright.

Any downed line is potentially energized and deadly. Know what to do in an auto accident that involves downed power lines.

Learn what you need to keep yourself and loved ones safe by visiting SafeElectricity.org. Packed with videos, games, articles and more, the website is a virtual library for children and adults, farmers, contractors, business people, homeowners, teachers—just about anyone who has questions or needs to know about electrical safety. Learning and understanding electrical safety steps and situations is a valuable investment of time for all of us.

Electricity is an important asset to our modern life, but we must respect that power or the results can be tragic. More than a thousand people die and thousands more are injured in electrical incidents and fires each year. We can change that reality.

As warmer weather sprouts thoughts of happy outdoor scenes—children running and playing, people enjoying pools and lakes, folks digging into gardening and other projects—most are not thinking about potential safety hazards that could affect the summer fun. We want you to keep them in mind to ensure a safe summer making great memories.

Have a great, safe summer!

Molly Hall is Executive Director at the Energy Education Council, a nonprofit organization dedicated to empowering consumers with electrical safety knowledge through SafeElectricity.org and other resources.

THIS MONTH'S ISSUE:

Around the House

As all of us homeowners know all too well, there's always something new on the project list. In this issue, we're offering up some options for that list that could go far in helping your house use energy more efficiently (and trimming monthly bills). If you're hungry for more, reach out to your local electric co-op—they have an energy expert at the ready to talk through other ways to get your home in top form.

—Scott Gates, editor

Capturing a Co-op Scene

Lineworkers don't get snow days, as demonstrated by this painting by Blue Ridge Energy member Lee Francis. Lee lives in Scottville, just over the Ashe County line, and has painted other scenes for co-op employees in the past.

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Experiencing a power outage?
Please contact your electric co-op directly to ensure prompt service. Visit carolinacountry.com/co-ops to find yours online.

Corrections to our April issue

A Main Street stop in Elkin (located on page 52) is Southern on Main (southernonmain.com), not Southern & Main. The hot air balloon company mentioned is Yadkin Valley Balloon Adventures, not Yakin.

The Bare Dark Sky Observatory (page 53) is located at the Mayland Earth to Sky Park, part of Mayland Community College, not Mayfield.

Reading from Mountains to Sea

Just a quick note to tell you how much my husband and I enjoy your magazine!

We now live six months in Florida and six months in High Country (Ashe County). We enjoy all the articles that help us learn about the state of North Carolina! I especially enjoy the recipes!

Hope the issues continue to come!

Fran Moyer, a member of Blue Ridge Energy

Cherished Memories

I have noticed lately there have been fewer "old memories" written and placed in the magazine. Hopefully, we can add more in the coming issues.

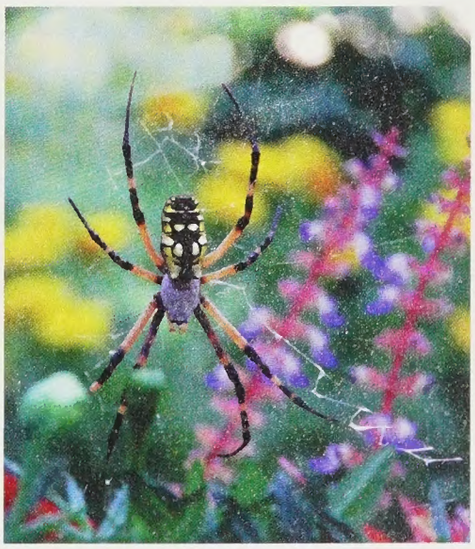
David Hamrick, Tallahassee, Florida

Editor's Note: Thank you for writing us about this, David! Have no fear—we're always mindful of our readers' love for the "I Remember" section, although some months we do just run out of space. We've dedicated two pages to reader memories in this issue, beginning on page 28.

Spider Shot

By far, the cover of March's issue was my favorite! Every summer I have Orb-weaver spiders take my gardens to the next level. The cover was great, the stories were all interesting and informative, and it left me looking forward to getting another issue. Thanks again.

Shine Skillman, Spout Springs, a member of Central Electric



Co-ops, Teachers Prepare Students for Jobs of the Future

Lindsey Listrom (left) and Matt Warner demonstrate a mini version of the electric grid for NC educators.

Teachers from every school district in North Carolina recently connected with electric co-ops at the emPowering STEM Classroom to Career Conference in Raleigh. The conference brought together educators and industry experts from four fields—energy, STEM (science, technology, engineering and mathematics), information technology and agriculture—and provided teachers with new resources to prepare students for the jobs of the future.

At the March 8 event, participants heard from speakers including Mark Johnson, the state superintendent at the North Carolina Department of Public Instruction, and

then rotated through a series of learning labs led by industry experts.

Electric cooperatives led a session focused on energy, leading participants through a hands-on learning lab to illuminate the mysteries of the grid. Teachers formed a co-op and connected circuits to learn how power is distributed, and they left with lesson plans so they can bring the energy project back to their classrooms. The session was led by Matt Warner, project engineer with Pee Dee Electric, Lindsey Listrom, communications manager with North Carolina's Electric Cooperatives, and Justin Jones, a science teacher and Kenan Fellow educator who worked with Pee Dee Electric in 2016.

"The electric industry is a rapidly evolving environment with the need for skilled labor steadily increasing," said Warner. "Co-ops are seizing this opportunity to actively engage a future generation into perusing a career in the industry, whether it be creating the next big clean energy source, or actively working to keep the current power grid alive and functional."

The emPowering STEM Conference was put on by the governor's North Carolina Committee for Business and the Kenan Fellows Program for Teacher Leadership. The idea grew out of the need to close the gap between the STEM skills that North Carolina companies seek in their employees and the level of interest and mastery in those fields among students.

— Lindsey Listrom, North Carolina's Electric Cooperatives

Roanoke Electric's Cherry Appointed to Education & Workforce Council

NC Governor Roy Cooper recently appointed Roanoke Electric Cooperative COO Marshall Cherry to serve as an at-large member of the Education and Workforce Innovative Council. Cherry was one of 31 new appointees designated for various state boards and commissions.

"I am honored to represent the state's electric cooperatives by working in this capacity," Cherry said.

The council develops and administers the Education and Workforce Innovation Program, and grants competitive awards to individual schools, school administrations or regional partnerships in an effort to advance comprehensive, high quality education.

"The rapid evolution of technology creates a great need in our industry to meet the equally evolving demands of serving our co-op member-owners," Cherry said. "In order to meet the demand, we must recruit and retain a skilled workforce of individuals educated in the academic disciplines of science, technology, engineering and mathematics."

BY THE NUMBERS:

America's Electric Cooperatives

North Carolina's 26 electric cooperatives are part of a national network of nearly 900 co-ops that distribute or generate electricity for their members. Nationwide, 833 and 62 generation and transmissions cooperatives:

provide energy to **56 PERCENT** of the country's landmass

power more than **19 MILLION** homes and business

and serve **42 MILLION** members.

Co-ops generate **5 PERCENT** of total U.S. electricity

and sell **13 PERCENT** of all U.S. electricity.

Federal Spending Bill Funds Co-op Priorities

A $1.3 trillion spending bill that includes a number of budget priorities for electric cooperatives passed Congress and was signed into law by President Trump on March 23. The measure keeps the federal government running through September 30, the end of fiscal 2018.

"This bill strengthens programs that are essential to the economic health of rural America while also emphasizing the need to continue pursuing innovative solutions to future energy and economic needs," said Jim Matheson, CEO of the National Rural Electric Cooperative Association (NRECA).

Provisions benefiting electric co-op operations—ultimately helping co-ops keep costs low for members—include $5.5 billion for the U.S. Department of Agriculture's electric loan program.

The bill also streamlines the ability of electric co-ops to manage vegetation near utility rights of way on public lands. Better land management access will allow co-ops to bolster system reliability.

There's also funding for cybersecurity research and development, a key resource as co-ops work to stay ahead of evolving cyber threats. The Cybersecurity for Energy Delivery Systems, from which NRECA currently receives funding for the Rural Cooperative Cybersecurity Capabilities Program, grew from $62 million to $75 million in the 2018 budget.

LIHEAP, the Low Income Home Energy Assistance Program, will receive $3.64 billion, up from the current $3.39 billion.

The spending bill is also notable for what's not included. Congress opposed a Trump administration proposal to sell off the transmission assets of three federal Power Marketing Administrations.

The bill also avoids cuts to the Rural Economic Development Loan & Grant Program (REDLG), which provides rural utilities with grants and zero-interest loans to directly fund local projects that create and retain employment in the communities they serve.

Over the past five years, North Carolina's electric cooperatives have tapped the funding source to channel more than $50 million to projects across the state.

—Michael W. Kahn, NRECA, contributed to this article.

"This bill strengthens programs that are essential to the economic health of rural America while also emphasizing the need to continue pursuing innovative solutions to future energy and economic needs."

Early Forecast: Prepare for Above-Average Hurricane Season

The 2018 Atlantic hurricane season, which runs from June 1 through November 30, is expected to be slightly more active than average, according to Colorado State University climatologists. A recent report predicts 14 named tropical storms, with at least seven reaching hurricane strength.

"We anticipate a slightly above-average probability for major hurricanes making landfall along the continental United States coastline and in the Caribbean," said Phil Klotzbach of the Tropical Meteorology Project at Colorado State University.

Klotzbach, who has served as the project's principal researcher since 2006, predicted that of the seven hurricanes forecast, three of those storms could pack sustained winds topping 111 miles per hour.

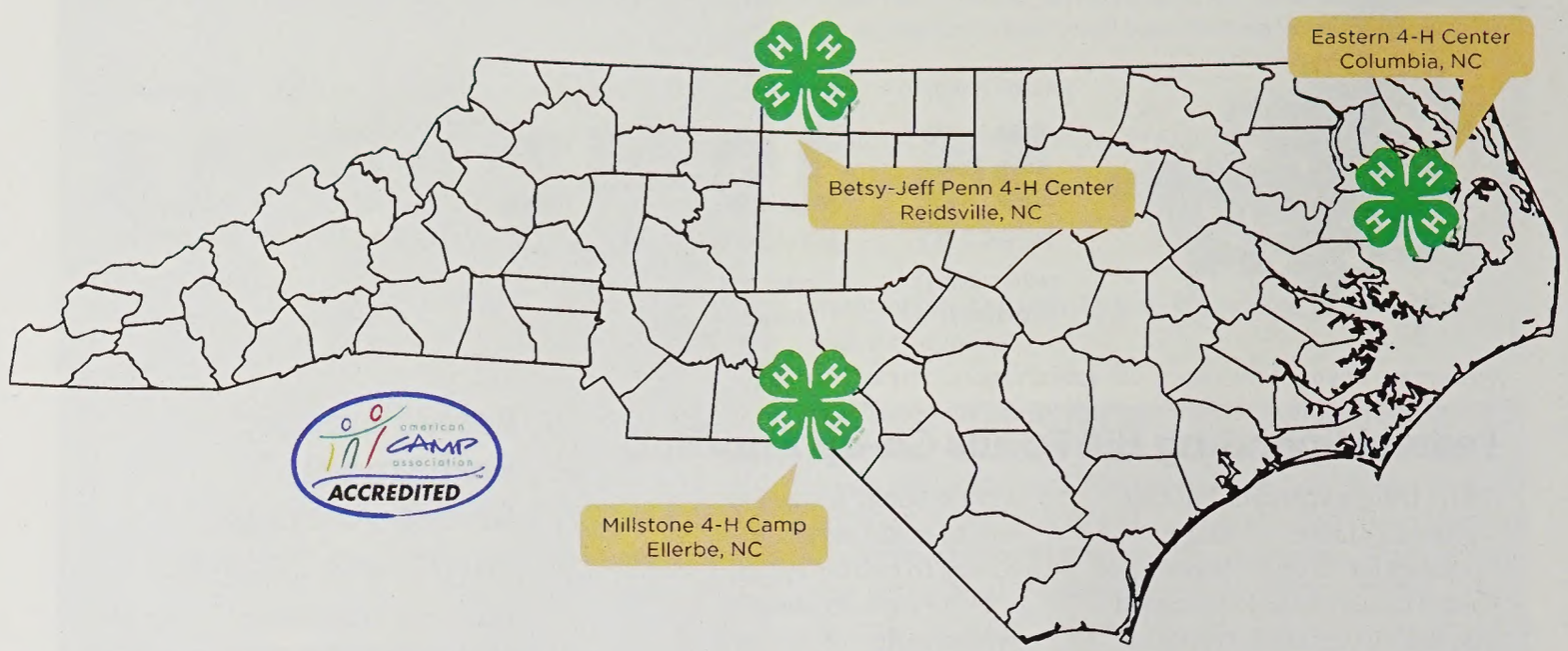
The group's forecast, based upon data compiled over 29 hurricane seasons since 1989, gives North Carolina a 36-percent chance of a hurricane making landfall. Florida leads with a 62-percent chance, followed by Texas (42 percent) and Louisiana (38 percent).

It's never too early to prepare for hurricane season—find tips online at carolinacountry.com/hurricanesafety.

—Derrill Holly, NRECA, contributed to this article.

4-H SUMMER CAMPS

NC STATE UNIVERSITY



FACILITIES & PROGRAMS

Each 4-H camp and conference center is uniquely different, based on its geographic location. All camps and conference centers offer similar activities, facilities, and programs, including:

- Classrooms
- Dining Facilities
- Meeting Facilities
- Rec Halls
- Cabins

- Archery
- Trails
- Campfire Circles
- Environmental Education Programs & Activities
- Teambuilding & Challenge Courses
- Swimming
- Canoeing
- Arts & Crafts
- Outdoor Education Programs
- Outdoor Living Skills
- Shooting Sports

HOW DO CAMPERS REGISTER FOR CAMP?

Youth do **NOT** have to be a 4-H club member to attend camp. To enroll, contact your county 4-H Agent at the Cooperative Extension Service office. **OR Register Online** at www.nc4hcamps.org

Betsy-Jeff Penn 4-H Educational Center

336-349-9445
bjpenn4h.org

252-797-4800
eastern4hcenter.org

Eastern 4-H Environmental Education Conference Center

4-H Camp Millstone 1939 Ellerbe, NC

910-652-5905
millstone4hcamp.com

"I've gotten many compliments on this watch. The craftsmanship is phenomenal and the watch is simply pleasing to the eye."
—M., Irvine, CA

"GET THIS WATCH."
—M., Wheeling, IL

Back in Black: The New Face of Luxury Watches
"...go black. Dark and handsome remains a classic for a reason"
— Men's Journal

I'LL TAKE MINE BLACK...NO SUGAR

In the early 1930s watch manufacturers took a clue from Henry Ford's favorite quote concerning his automobiles, "You can have any color as long as it is black." Black dialed watches became the rage especially with pilots and race drivers. Of course, since the black dial went well with a black tuxedo, the adventurer's black dial watch easily moved from the airplane hangar to dancing at the nightclub. Now, Stauer brings back the "Noire", a design based on an elegant timepiece built in 1936. Black dialed, complex automatics from the 1930s have recently hit new heights at auction. One was sold for in excess of $600,000. We thought that you might like to have an affordable version that will be much more accurate than the original.

27 jewels and hand-assembled parts drive this classic masterpiece.

Basic black with a twist. Not only are the dial, hands and face vintage, but we used a 27-jeweled automatic movement. This is the kind of engineering desired by fine watch collectors worldwide. But since we design this classic movement on state of the art computer-controlled Swiss built machines, the accuracy is excellent. Three interior dials display day, month and date. We have priced the luxurious Stauer ***Noire*** at a price to keep you in the black... only 3 payments of $33. So slip into the back of your black limousine, savor some rich tasting black coffee and look at your wrist knowing that you have some great times on your hands.

An offer that will make you dig out your old tux. The movement of the Stauer ***Noire*** wrist watch carries an extended two year warranty. But first enjoy this handsome timepiece risk-free for 30 days for the extraordinary price of only 3 payments of $33. If you are not thrilled with the quality and rare design, simply send it back for a full refund of the item price. But once you strap on the ***Noire*** you'll want to stay in the black.

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Energy Upgrades for a Happier Home

Boost your home's comfort and cut energy use with smart home-improvement projects

By Diane Veto Parham | Illustrations by David Clark

Imagine your house is not just the place you sleep, eat and store your stuff, but more like a part of your family, with its own unique needs. Ignore those needs, and both you and your home suffer the consequences. But, pay closer attention, and you can find ways to enjoy a more pleasant—and efficient—living environment.

"It's amazing how much comfort you can provide by spending a few dollars," says Brian Sloboda, program manager for the National Rural Electric Cooperative Association (NRECA). "You're going to increase your quality of life."

Determining what your house needs is job number one. Your heating-and-air system, your appliances, your insulation and even your lightbulbs can affect not only how your home is behaving, but also how much you're paying to keep it all running.

Need some ideas to get started? Here are seven smart ways to invest in a comfortable and energy-efficient house.

1 Get a professional home-energy audit

COST: About $250–$650 for a certified professional, but see what resources your electric co-op offers before hiring on your own.

BENEFIT: Making recommended improvements can cut energy use 10 to 40 percent.

DIY POTENTIAL: Best to use a certified professional, although do-it-yourself audits can provide basic information.

The first step—and the best investment—in any home-improvement project is a professional energy audit. A whole-house energy audit will take a few hours, and evaluate household energy use, how the heating-and-air system is functioning and whether there's adequate insulation. Using diagnostic tools like a blower door and a thermal imaging camera, an auditor tests for leaks in ductwork and around windows and doors, plus other problems with the home's "envelope"—essentially, the parts of the house that separate its insulated, air-conditioned interior from unconditioned spaces like attics and crawlspaces.

According to the Building Performance Institute (BPI), a nationwide nonprofit that certifies professional energy auditors, the report you get back can include estimates of what return you might expect on any investments in efficiency upgrades.

Need help finding a professional? Start by asking your electric cooperative for recommended energy auditors—many have their own on staff or can provide handy tools to start your own evaluation. Information also is available from BPI's website for homeowners at bpihomeowner.org.

2 Seal and weatherize your house

COST: Ranges from a few dollars for weather stripping and caulk to thousands of dollars for whole-house weatherization.

BENEFIT: Annual energy savings of 10 to 20 percent, according to the U.S. Department of Energy.

DIY POTENTIAL: You can do simple tasks; professionals should handle large-scale insulation or ductwork improvements.

You're paying to heat and cool your home. You can minimize costs and maximize comfort by keeping that conditioned air indoors, where you want it.

"Make sure your house is well insulated and well sealed," says Alan Shedd, director of energy solutions for Touchstone Energy Cooperatives. "Don't go install a fancy heating system or pile on a bunch of insulation in a house that's Swiss cheese."

Most houses leak 10 percent or more of their conditioned air into attics and crawlspaces, Shedd says.

A handy do-it-yourselfer can tackle simple sealing tasks. Feel for drafts or look for cracks and gaps around windows and doors, around electrical outlets and light fixtures, where pipes and wires penetrate walls, floors or ceilings, around fireplaces, and where ceilings meet walls. Basic DIY materials like weather-stripping tape, tubes of caulk and spray foam are available at home improvement stores.

If you invested in a professional home-energy audit, you know exactly where air is leaking and what repairs are needed. For fixes outside your skill set—for example, adding insulation or repairing leaky ductwork—ask your co-op for a list of certified contractors or visit BPI's website.

"An air-sealing and insulation job ranges in cost from $3,000 to $5,000, depending on the materials used," says John Jones, national technical director for BPI. "A complete, market-based home-performance project—full energy improvements—typically costs between $9,800 and $12,500, depending on the geographic region and the contractor."

3 Replace your HVAC system

COST: Ranges from a few thousand dollars for a single-zone, mini-split system up to tens of thousands to install a geothermal system.

BENEFIT: Upgrading to Energy Star® certified heating and cooling equipment can deliver annual energy-bill savings of 10 to 30 percent, according to the Department of Energy; geothermal systems can cut energy use for heating and cooling by 25 to 50 percent.

DIY POTENTIAL: You'll need a trained professional to properly size and install a system for your needs.

Heating and cooling account for about half of typical household energy costs. Minimize those expenses by upgrading to a more efficient system when your current unit ages out. Expect an HVAC system to last, on average, about 10 to 12 years.

Air-source heat pumps, which draw heat from the air and move it indoors or outdoors as needed, provide efficient heating and cooling from a single unit. Traditionally more popular in milder climates, the older models relied on inefficient backup heating, such as heat strips, when outside temperatures dropped below 40 degrees. But heat pumps have evolved, says Rick Nortz, manager of utility and

efficiency programs for Mitsubishi Electric Cooling and Heating.

"The old view of heat pumps was that they don't work below freezing," he says. Many modern heat pumps, he says, are designed to be efficient heat sources down to 5 degrees.

For the coldest regions, where a backup heating system is desired, a dual-fuel heat pump can offer auxiliary heat powered by natural gas or propane.

Mini-split heat pumps—highly efficient ductless systems that can be placed where needed in a home—are growing in popularity. They work well for add-on rooms that aren't connected to existing ductwork or for rooms that stay hotter or colder than the rest of the house. Multi-zone mini-split systems allow different rooms to be set at their own comfort levels, Nortz says.

"That room becomes its own home, with its own thermostat," he says. And because there are no ducts, there's no energy lost through leaky ductwork.

Ground-source (geothermal) heat pumps are the most efficient, albeit more expensive, heating-and-cooling option. Drawing heat from stable ground temperatures rather than fluctuating air temperatures, geothermal heat pumps use about 25 to 50 percent less electricity than conventional HVAC systems.

For any heating-and-cooling system, proper installation is essential to reap full benefits of energy-efficient performance. A certified HVAC contractor will do a load calculation to determine what size HVAC unit is right for your house and whether any special adjustments are necessary for your location.

continued on page 12

4 Modernize major appliances

COST: Hundreds of dollars for major appliances; zero dollars for unplugging energy hogs that are not in use.

BENEFIT: Save anywhere from a few dollars up to hundreds of dollars a year.

DIY POTENTIAL: You'll need a professional to install some appliances, but you can unplug small appliances around the house in minutes.

Among your appliances, the two biggest energy users are water heaters and refrigerators, which are nearly always on duty. After that, you might be surprised by another energy hog: consumer electronics.

Think about all the electronic devices plugged into your outlets—many with lights that glow even when the device is not being used—drawing small-but-steady "vampire loads" of energy and adding to your power bill. They include your coffee maker, toaster, phone charger, computer charger, printer, TV, cable box, DVD player and video-game console. A quick walk through the house, unplugging as you go, can save you a few bucks a year on items that only need power when you're using them.

Water heaters, which keep hot water at the ready for kitchens and bathrooms, are the major household energy users after heating-and-air

systems. Saving money here depends on finding the right unit for your home and climate. New efficiency standards instituted for residential water heaters in 2015 ended the use of large-capacity electric-resistance units (over 55 gallons) in homes. An exception was made for grid-enabled water heaters, Shedd says, so that homeowners could buy larger heaters to participate in utility load-control programs. To see if such a program is available in your area, check with your electric cooperative.

If you're not on a tight budget, consider a heat-pump water heater.

"They can cut your water-heating energy costs in half, but they do cost a fair amount up front—probably double," Shedd says.

Another option to replace a high-capacity water heater is to buy two smaller water heaters, perhaps even installing them closer to where they are needed, he says. The most important consideration is to plan ahead.

"Most times, when a water heater fails, it's an emergency," Shedd says. "Nobody wants to be without hot water, so they put in whatever's on the truck. If you want to upgrade to something more efficient, decide ahead of time."

Refrigerators are dramatically more efficient than they were two decades ago, Shedd says. "Compared to the 1990s, they probably use half the energy. My computer uses more electricity than my refrigerator does."

More than a third of American refrigerators in use are over 10 years old, according to the EPA's Energy Star program. Newer models, especially Energy Star-certified units, use less energy and add less to your household power bill. The program's website (energystar.gov) has a savings calculator that will tell you just how much money you can save by upgrading.

By the way, that old fridge is still costing you money if you park it in the garage and plug it in there. Recycle it to reduce energy use.

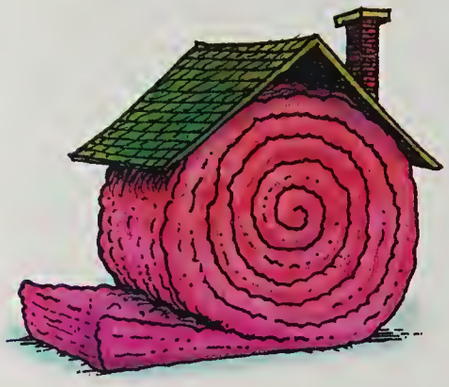
Televisions are bigger and fancier these days; even so, as with refrigerators, new technology makes them more efficient. The same holds for major appliances like washing machines and dishwashers. Age can be your gauge; for appliances more than 10 years old, a newer model, especially one with the Energy Star logo, will use less energy.

5 Boost your attic insulation

COST: National averages range from $1,300 to $2,000, depending on home location, attic size and type of insulation.

BENEFIT: Reduce your energy bills by keeping heated and cooled air in your living space.

DIY POTENTIAL: Handy homeowners can add insulation with proper tools, safety gear and precautions, but it's a job best left to professionals.



Most homes have insulation. But maybe not enough.

It's all about the R-value. That's the number assigned to insulating materials based on how well they resist the transfer of heat. Higher numbers mean more resistance to heat flow and more effective insulation. For attics, recommended R-values range from 30 in warmer climates to 60 in colder regions. North Carolina is split between two zones, so check Energy Star's online R-value

map (bit.ly/energystar_r-value) to find your county's zone.

Older homes are more likely to lack enough attic insulation for peak efficiency, because energy-efficiency standards keep going up and getting higher, according to Shedd. "Thirty years ago, R-19 was standard practice."

What you spend to upgrade your attic insulation will depend on multiple variables, including the type of insulation (fiberglass or cellulose, batts or loose fill, for example), as well as the size of the attic space and the contractor's labor costs.

6 Switch to efficient lightbulbs

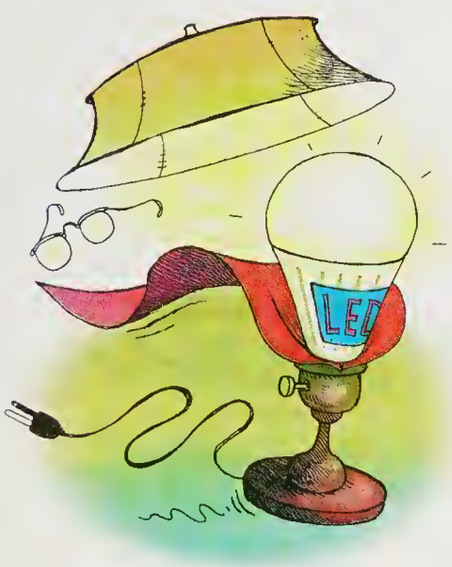
COST: A few dollars per bulb.

BENEFIT: Save about $50 per year by replacing 15 traditional incandescent bulbs with more efficient energy-saving lightbulbs.

DIY POTENTIAL: You can handle this.

You're going to change your lightbulbs sooner or later. When you do, why not invest in bulbs that will save energy and create the lighting environment you want in your home?

Since the adoption of new U.S. lighting standards in 2012, manufacturers have replaced traditional incandescent bulbs with technologies that use 25 to 80 percent less energy.



Halogen bulbs look pretty much like the old-style incandescents; they're usually the cheapest options, they're available in different shapes and colors, and they work with dimmer switches. But they're also the least energy efficient, and they won't last as long as CFLs (compact fluorescent bulbs) and LEDs (light-emitting diode bulbs).

LEDs are the most efficient option. They can last 15 to 20 years, and their prices have been dropping, making them more affordable. They also work well with many newer dimmer switches, Sloboda says.

"There are so many cool things about LEDs—they don't even have to look like the lightbulbs we're used to seeing," he says.

When you're shopping, pay attention to lumens (the brightness of the bulb) rather than watts, which indicate how much energy it uses. Packaging often refers to the wattage a new bulb can replace—for example, an energy-saving 800-lumen bulb can replace a 60-watt bulb. Look at the lighting-facts label for details about the bulb's lumens, estimated yearly energy cost and lifespan, and the lighting color. Energy Star-certified bulbs can deliver the brightness you want while using 70 to 90 percent less energy.

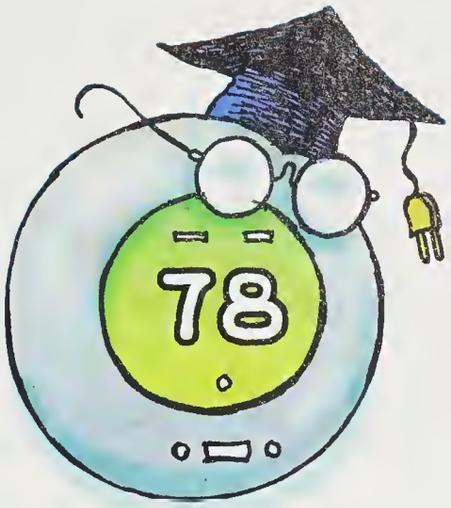
7 Install a smart thermostat

COST: Products range from about $170 to $250.

BENEFIT: Manufacturers estimate annual savings of 9 to 23 percent on heating and cooling costs.

DIY POTENTIAL: Video and written instructions can guide you through installation and Wi-Fi set-up.

Early versions of programmable thermostats were hailed as tools that would help homeowners save energy and money and increase home



comfort, all by tailoring thermostat settings to daytime, nighttime, weekend and vacation schedules. And they did—but only for those who bothered to manually program them.

Enter the newer smart thermostats (sometimes called Wi-Fi thermostats). They connect to the internet, can be controlled from an app on a mobile device, and, best of all, are designed to learn your home's habits, so they can handle the programming with little hands-on labor by you.

Still evolving, some newer models include sensors to detect when people are in the house, so they can reduce energy use when no one is home. Some offer multiple sensors to place around the house, so the app can tailor temperatures to different rooms. Some even feature Amazon's Alexa voice-activated virtual assistant, which can control an array of smart-home devices in addition to the thermostat.

Thanks to the internet connection and remote-control options, smart thermostats are ideal for use in electric cooperative load-control programs. Across the country and here in North Carolina, electric co-ops are testing new programs that use this technology to help members save energy and help co-ops reduce demand.

Diane Veto Parham, a graduate of the School of Media and Journalism at UNC Chapel Hill, is a freelance writer and former assistant editor of South Carolina Living, the magazine for Palmetto State electric cooperative members.

Wrestling Water in Your Landscape *(and Winning)*

Effective ways to deal with spring showers and summer storms

By Pamela A. Keene | Photos by Helen Kraus

Rain barrels collect water for later use.

Taking a good look at the ways water drains away from your home's foundation can help extend the life of your home, and avert major issues that can cause long-term damage and expensive repairs.

"We receive a good number of homeowner calls associated with water issues, such as water pooling near their foundation, water eroding part of their landscape or water that stands for several days after a good rain," says Mitch Woodward, area extension agent for water quality with the North Carolina Cooperative Extension. "Many of these concerns can be remedied by ensuring that your gutters and downspouts are cleaned out seasonally every year, and that water is moved away from your house foundation and crawl space."

Woodward explains even if final grading of a homesite addresses the proper direction of water flow, over time soil can become compacted. "In these cases, it becomes more difficult for the water to be absorbed into the ground and may result in standing water," he says. "That's where the three S's come in: spread the water out; slow it down; soak it in."

Community considerations

Local and state regulations address the commercial challenges of storm water runoff that have resulted from increased growth and development across the state.

"Impervious surfaces such as parking lots, roads, highways, buildings and sidewalks all play a part in increasing the amount of storm water that ends up in our streams, lakes and rivers," Woodward says. "As this storm water moves across these surfaces, it picks up debris, sediment and pollutants."

Businesses are now being required to take managing storm water runoff into consideration during construction and beyond. NC Cooperative Extension offers a storm water management certification program in storm water runoff management for contractors, engineers, and landscape architects.

Options at home

For homeowners, excess water can be rerouted, absorbed into the soil or collected in rain barrels for outdoor use in times of low rainfall. In any case, newer environmental regulations support small scale, on-site methods for homeowners.

"The best response to managing storm water run-off is to help it infiltrate the soil close to where it's generated," says Rich McLaughlin, Ph.D., soil scientist at North Carolina State University. "By using berms, small hills planted with grass or other ground covers, or shallow ditches called swales, homeowners can help redirect water to be more beneficial to their landscapes. Rain gardens are also useful in places where water may tend to stand for 12 to 18 hours."

A rain garden is a stable intentional drainage area, McLaughlin says. Bowl-shaped and multi-layered, a rain garden also provides an in-place water filtration system to capture pollutants before they return to the inground water source. You can plant them with native plants and grasses and they require little maintenance once established.

DIY Rain Garden

North Carolina Cooperative Extension offers a booklet that details steps on how to design and install a backyard rain garden. It describes how to assess what type of rain garden you need, how to situate the rain garden for maximum effectiveness, steps to building it and how to choose the best plants for the situation.

Visit bit.ly/ncsu_raingarden to download the free resource.

In addition to helping relieve water issues, rain gardens have other benefits, according to McLaughlin. They are excellent wildlife habitats to attract pollinators, birds and beneficial insects. They can be designed to complement your landscape style, and they're easy to design, install and maintain.

"Rain gardens, contrary to popular opinion, are not havens for mosquitoes, so get over that notion," Woodward says. "Rain gardens are usually located in sunny spots and the variety of plants attracts a number of natural predators like frogs and birds."

Building dry creek beds, installing French drains or burying 4-inch corrugated gutter extensions to dispose of roof runoff also can help alleviate water issues.

"Water is essential to our landscapes," Woodward says. "As homeowners, the bottom line is that you need to work with the situation rather than fight it, and that might mean bringing in a certified professional can help you correct the problem right from the start."

Pamela A. Keene is a freelance journalist who writes for magazines and newspapers across the Southeast and nationally.

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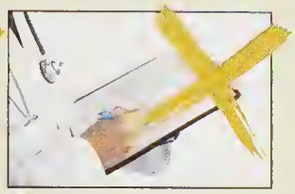

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55-59	$14.20	$11.95	$23.00	$19.25	$45.00	$37.50	$111.00	$92.25
60-64	$17.20	$13.30	$28.00	$21.50	$55.00	$42.00	$136.00	$103.50
65-69	$20.50	$16.00	$33.50	$26.00	$66.00	$51.00	$163.50	$126.00
70-74	$27.40	$21.40	$45.00	$35.00	$89.00	$69.00	$221.00	$171.00
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Extending the Harvest

Farmers and Gleaners Team up to Feed the Hungry

Story and photos by Leah Chester-Davis

Afrika Mlingo and her children Noah and Hannah at the Ritchie Farm.

David Ritchie welcomes Jean Siers, of the Society of St. Andrew, to his farm.

Robert Brown picks muscadines at the Ritchie Farm near Mt. Pleasant.

Young gleaner at Barbee Farms

Robert Brown pulls his small red pickup truck onto David and Mary Jo Ritchie's farm, land that is teeming with several rows of muscadine vines. Brown has a jumbled pile of cardboard boxes in the back of his truck to share. He is one of many volunteer gleaners that the farm is welcoming on a late fall morning to pick the vines at the end of the season. The food will go to the hungry.

"Our nation doesn't know enough about what they could do to help others," Brown says as he reaches into the vines to pull plump muscadine grapes, dropping them into a box. He cites the age-old story from the Book of Ruth in the Bible. Hebrew farmers, such as Boaz, were commanded to leave a portion of their crops unharvested to allow the poor to come into their fields to pick or glean what was left.

While gleaning dates back millennia, it's a new and worthwhile experience for many.

"It's a joy to see someone else get things they can't afford," says Brown. While Brown picks produce for others, he shares that it fulfilled a personal need as well. "I was retiring and didn't have anything else to do. This is something I could do to contribute."

With the farm season in full swing from now through the fall, gleaners across the state converge on participating farms, picking and collecting produce that will feed others and keep farm waste out of the fields. The effort is organized by the Society of St. Andrew, a faith-based, hunger relief nonprofit that works throughout North Carolina and in several other states.

Jean Siers, Charlotte Regional Coordinator, Society of St. Andrew, keeps in close touch with both

farmers and volunteers to learn about gleaning opportunities on local farms and to recruit gleaners. She or a trained volunteer supervisor is out on the farm with the gleaners to provide guidance, to help them know where and why they are picking, and to help pick.

Siers and other coordinators develop close relationships with farmers. "We do our very best to respect the farm and the land," she says. "We are guests on their land and we try to respect their time and their land."

A creative solution

David Ritchie first hosted gleaners in 2016, thanks to an abundant crop, at his small you-pick operation known as Michael's Muscadines near Mt. Pleasant.

"We've met folks, interesting people, from all walks of life," he says. "Research scientists, physicians, parents with children. Gleaners come out with enthusiasm. You have to have a good heart to give your time."

Ritchie spends the morning talking with various gleaners, repeating how happy he is that his muscadines will be enjoyed by others.

"What excited me about the gleaners is that they have a written statement that if the food is perishable they will get it into the user's hands within 24 hours, and that is important. They will be welcomed back again," he adds.

Meg Spears-Newsome, the North Carolina and South Carolina program coordinator who works with Siers and the seven other part-time coordinators in both states, says that gleaning is a creative solution to two problems: 133 billion pounds of food is wasted in the United States each year, while 42 million Americans are food insecure or hungry. Of these, 13 million are children.

"Every squash saved from the field, every sweet potato dug out of the ground means fewer resources are wasted and someone in need has a healthier meal," she says.

Last year in North Carolina, 247 farms opened their fields to gleaners who picked nearly 5.3 million pounds of fresh fruits and vegetables.

"Our biggest crops are sweet potatoes, white potatoes, corn, watermelons and greens of all types," says Spears-Newsome. "We do smaller quantities of strawberries, blueberries, various melons, squash, zucchini, cucumbers, bell peppers and jalapeños. All of the food we glean goes to local food pantries, churches, feeding agencies or food banks." Agencies must agree to provide the food to people who might otherwise not be able to afford it and it must be distributed for free.

Coordinators and volunteer gleaners know that the food they pick may be the only source of fresh fruits and vegetables for many.

"One thing people often don't realize though, is that most often when we go into a field, that is our only shot at saving all the food left there," says Spears-Newsome. "If we don't gather or pick it that day, it will get turned over into the soil and no one will eat it."

Feeding passions

While the harvested food may feed the hungry, the work feeds more than bellies, especially for those out in the fields gleaning.

"Some folks volunteer because we prevent food waste, some are passionate about hunger relief, some want to help the environment, some are motivated by faith," says Spears-Newsome.

"I love it because it's one of the most diverse things we do," Siers adds. "We have all ages, youth groups, people in their 90s, all income levels, black, white. Everyone is in it together."

Afrika Mlingo, of Concord, likes to take her daughter, Hannah, and son, Noah, on gleaning field trips. "I like to have them do things through the year to give back," Mlingo says. "I think it's important to have those values, to serve where they can."

"Being out in fresh air with nice people doing something for people and bringing blessings to people who need blessings, what is not to like?" asks Roger Coates of Charlotte, who has been gleaning the past 13 years. "I'd like to see people try it. It's a win, win, win."

Brent Barbee, of Barbee Farms in Concord, has welcomed gleaners to his farm since 2009. Barbee donates thousands of pounds of produce each year to those in need. "It's the right thing to do," he says. "There are way too many hungry people out there. I take great satisfaction in dealing with the gleaners and helping feed people."

Leah Chester-Davis loves to explore North Carolina. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, gardening and lifestyle brands and organizations.

Join the Glean Team!
Gleaners are welcomed statewide. Visit the Society of St. Andrew website at endhunger.org and sign up for volunteer information and updates, or email Spears-Newsome at sosanc@endhunger.org.

NC Gleaning at a Glance*

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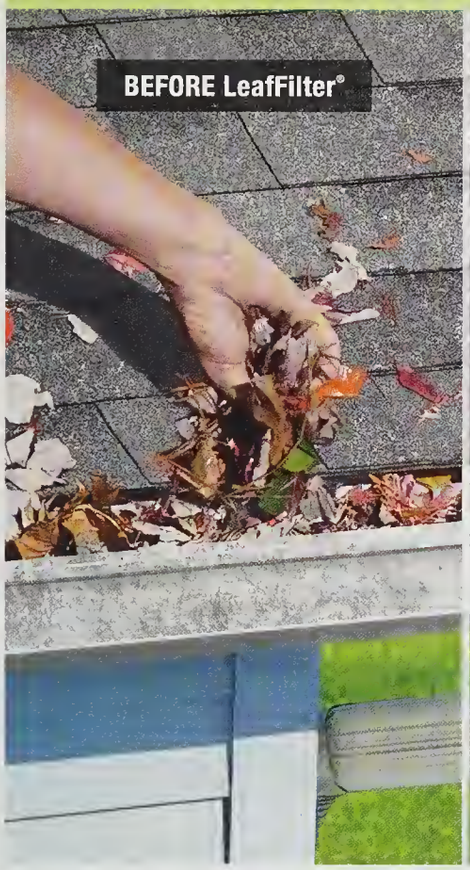

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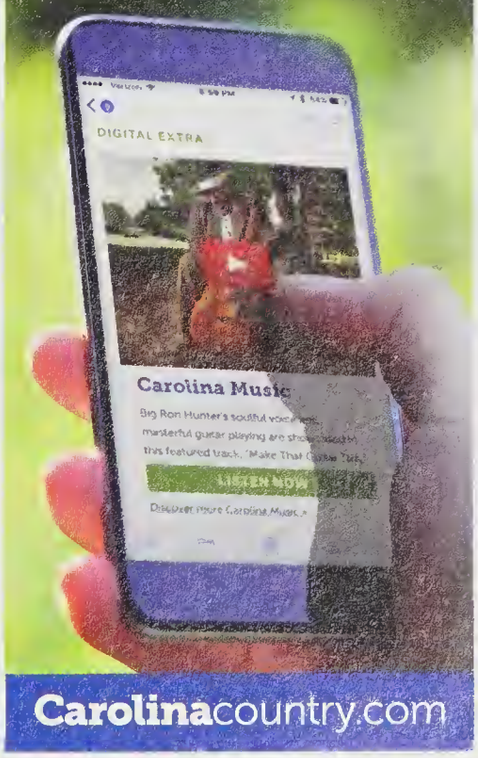

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Lattice panels can conceal under-deck storage areas with style.

An elevated deck creates a multi-seasonal living space.

Living Large

Top trends to inspire your outdoor space

Whether you have a yard at your home or a balcony off your condo, you can extend your living area outside. Outdoor living spaces ranked first among special function rooms desired by consumers, according to a 2017 survey by the American Institute for Architects. Here are some insights gleaned from homeowners, contractors and industry experts on related trends.

Year-round enjoyment

Among the biggest trends is a shift away from seasonality as consumers adopt more of a year-round mindset, no longer restricting outdoor living to the warmest months. Thanks to new high-performance materials and innovative design approaches, homeowners are transforming a range of outdoor spaces. For example, Trex has reported an uptick in requests for its RainEscape deck drainage system by clients adding multi-seasonal living space underneath elevated decks.

Comfy, cozy

Among the hottest design influences right now is a feeling of coziness and comfort. This summer, outdoor spaces will beckon homeowners and their guests to relax and rejuvenate with thick, stylish cushions, inviting pergolas and firepits.

Hide and chic

With the increased usage of outdoor living spaces comes higher demand for chic decor and privacy. An easy design trick is to add lattice panels to enhance privacy and conceal storage areas or unsightly views. With styles ranging from romantic to deco, lattice panels can be integrated into any outdoor area and applied to structures such as arbors, trellises and gazebos, or used as decorative wainscoting or deck skirting.

Minimal maintenance

Just because people are spending more time outdoors doesn't mean they're willing to put in extra hours for upkeep. In fact, high-maintenance materials like wood are seeing a decrease in demand as people are opting for offerings that deliver better performance.

On average, a pressure-treated wood deck costs less per square foot than a composite deck upfront. However, unlike wood, high-performance composites resist fading, staining, scratching, rotting, cracking and mold. No sanding, staining or painting is required, and food and drink spills wash off with soap and water.

Residential goes commercial

While railing matched to the decking remains popular, an increasing number of homeowners are utilizing decking and railing pairings in modern, metal finishes, as well as designs inspired by commercial architecture. More homeowners are inspired by outdoor spaces they find in commercial settings, such as hotels and urban rooftops, and want to replicate those looks in their homes. A prime example of this commercial-to-residential trend is the growing popularity of horizontal railings such as rod rail—a sleek, industrial look that's ideal for optimizing a panoramic view.

Fun and games

Kids are not the only ones who enjoy playing outside. Outdoor play spaces for all ages are on the rise, including everything from regulation cornhole courts, horseshoe pits and embedded sandboxes to dedicated spaces for volleyball, badminton and bocce ball.

—Brandpoint

Online Shopping

Tricks to help you nab the best deals

Thanks to ever-expanding online options, we're in a new era of mail-order shopping. The benefits to shopping online include skipping lines and enjoying the comfort of browsing in your PJs.

One of the biggest draws, though, is the potential money savings. Once you have a few tricks in place, scoring savings online can be more lucrative and easier than coupon clipping.

Here are some tips to help you make the most of your online shopping.

Email lists

Email subscribers can get some of the best deals that retailers offer, and they regularly find out about sales and promotions. Some stores even give you a coupon for 10 percent off or more just for signing up. If you don't want to clutter your main email inbox, consider setting up a separate email address for retail offers. You can create free accounts with several email providers, including Gmail, AOL and Yahoo.

Membership benefits

Some member-based programs are expanding their partnerships with other retailers to offer enhanced benefits. Keeping tabs on the latest offers can ensure you're maximizing your membership. An example of a marketplace partnership is Woot.com, which features daily deals on items and offers free shipping for Amazon Prime members.

Discount codes

Wait to confirm an order until first checking to see if there are any discount codes available. Some retailers make it easier than others by having a code tool built into their checkout screen, but if they don't, it can be worth the extra time to find, and enter, current codes. Coupon code websites include RetailMeNot.com and DealTaker.com.

Flash sales, daily deals

Many online retailers specialize in daily deals and site-wide offers, which you can explore by visiting the individual sites or, in some cases, registering for notifications. Be aware that many of these deals are available for a limited time and in limited quantities. It's to your advantage to understand how often your favorite sites post new deals and the flash sales they offer. Some of the best ways to stay connected are by subscribing to the site's newsletter or following the site's social media channels.

Shopping cart savvy

Retailers have become quite sophisticated at monitoring shoppers' habits. While it may feel a little invasive, it can pay off to your advantage. For example, let's say you have an account with a company. Try logging onto its website, then place an item you'd like to purchase in your shopping cart. But instead of completing your order, simply close out of the website. It's possible you'll receive an email within the next day or two with a discount offer to motivate you to complete your purchase.

Free shipping

If your purchase isn't time-sensitive or you have some flexibility, take advantage of free shipping offers. Look for sites that provide free shipping for shoppers, or those that regularly run free shipping promotions.

—FamilyFeatures.com

Pee-yew, Buddy!

Bad breath in pets could be a sign of poor health

If you've ever experienced dry mouth, you know how uncomfortable it can be. Unfortunately, your pet can get dry mouth, which can lead to more serious issues down the line

Underlying causes

Dry mouth is a condition where saliva loses its protective benefits and leads to an overgrowth of odor-causing bacteria and plaque accumulation, as well as increases the risk of periodontal disease.

While diseases such as diabetes can contribute to dry mouth in pets, the most common cause is medication. What's more, it is believed that medications increase the risk of developing complications due to dry mouth by 40 percent. This side effect is far-reaching. Medications for allergies, anxiety, urinary incontinence, osteoarthritis pain, heart conditions, high blood pressure and more can all contribute to dry mouth.

While most pet parents are not aware their furry friends have dry mouth, watching out for "dragon breath" can help, as it is often a red flag that something is wrong. Experts say you don't need to wait until this becomes an issue to protect your pet's health.

Oral care options

As the saying goes, prevention is the best medicine. You can find brushes sized for dogs and cats and appropriate toothpastes for each at pet stores and veterinarians' offices and online. There are also many oral care systems available for pets that don't require brushing. They include Oratene Brushless Oral Care, which includes a water additive, breath freshening spray and brushless toothpaste gel.

Brushing or using an oral system can benefit a dog or cat of any age, especially those on medications.

Hydration to the rescue

When it comes to dry mouth and yucky breath, making sure your pet is drinking enough water can also help. It's very important to keep your critters hydrated at any time, of course, but especially so when the weather is warmer. Signs of dehydration in dogs and cats include sunken eyes, loss of appetite, lethargy, excessive panting and loss of skin elasticity.

Here are some tips to keep Fido and Fluffy properly hydrated:

- **Leave enough.** If you are gone all day and your pet is outdoors, he or she may need more than one bowl of water.
- **Moisten food.** Try wet food or add some water to dry kibble.
- **Entice with ice.** Add ice cubes to water bowls or offer small ice chips by hand to encourage drinking.
- **During exercise.** Offer water every 20 minutes or so when your pet is out walking with you on a hot day, so he or she doesn't get overheated. You can carry bottles in a school backpack or a hip belt with bottle pockets, and bring either a collapsible water bowl or a regular one.

—StatePoint

While most pet parents are not aware their furry friends have dry mouth, watching out for "dragon breath" can help, as it is often a red flag that something is wrong.

Brunch, Over Easy

Get creative for a simple, yet scrumptious, gathering

Hosting friends and family doesn't need to be fancy. With its prime positioning between breakfast and lunch, brunch is a more casual and lighter alternative to the typical dinner party.

When charged with hosting a midday gathering, a little decision making can go a long way toward ensuring your brunch get-together is as simple as it is scrumptious.

Get creative with decor

When prepping your tablescape, think outside the box. Opt for unexpected serving dishes such as tartlet tins, and transfer syrups and jams from their everyday containers to glass bowls or creamers. Fresh flowers can add natural pops of color to the table, or try mixing attractive pieces of fruit or vegetables for an eye-catching centerpiece.

Plan a variety of dishes

Have a mix of both sweet and savory dishes on the menu that can please a wide variety of palates. Earmark some items that can be made ahead or purchased the day before, like pastries or bagels and cream cheese. Save the morning of your event for cutting up fresh fruit and for making dishes best served fresh, like this herbed omelet, which provides protein, B-vitamins and cancer-protective phytochemicals.

Serve it buffet-style

Setting your spread out on the kitchen counter allows guest to customize their meals, giving the gathering a more casual vibe. Try themed stations, such as a coffee or mimosa bar, parfait bar or bread bar, in addition to more traditional dishes.

For more brunch ideas, visit culinary.net.

—FamilyFeatures.com

Herbed Spanish Omelet

Recipe courtesy of the American Institute for Cancer Research

- 1 pound potatoes, peeled and diced, or shredded
- 2 tablespoons extra-virgin olive oil
- ½ cup diced red onion
- 2 cloves garlic, minced
- 4 large whole eggs, lightly beaten
- 2 egg whites, lightly beaten
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh basil
- 2 tablespoons finely chopped fresh chives
- Salt, to taste (optional)
- Fresh herb sprigs, for garnish (optional)

Place potatoes in large pan. Cover with water. Bring to boil and cook, uncovered, 3 minutes. Remove from heat. Cover and let stand about 10 minutes, or until potatoes are tender. Drain well.

Heat oil in a deep, 10-inch nonstick skillet over medium heat. Add onion and garlic. Cook about 8 minutes, stirring occasionally. Add potatoes and cook 5 minutes.

In a large mixing bowl, combine whole eggs and egg whites. Stir in parsley, basil and chives. Season with salt, to taste, if desired. Pour mixture over potatoes in hot skillet. Reduce heat and cook, uncovered, about 10 minutes, or until bottom of omelet is golden.

If desired, brown top under toaster oven and garnish with fresh herb sprigs.

Yield: 4 servings

Nutrition information *(per serving)*

Total Fat: 12g	Fiber: 2g
Saturated Fat: 2g	Protein: 11g
Sodium: 106mg	Calories: 260
Carbs: 28g	

ADVANCED HEARING AID TECHNOLOGY

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"I was amazed! Sounds I hadn't heard in years came back to me!"

— Don W., Sherman, TX

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Can a Hearing Aid Delay or Prevent Alzheimer's and Dementia?

A study by the National Institute on Aging suggests older individuals with hearing loss are significantly more likely to develop Alzheimer's and dementia over time than those who retain their hearing. They suggest that an intervention — such as a hearing aid — could delay or prevent this by improving hearing!

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PREDATOR — SUPER COUPON
3500 WATT SUPER QUIET INVERTER GENERATOR
Customer Rating

NOW $699.99
$749.99
ITEM 63584
COMPARE TO HONDA MODEL: EU3000IS1A $1,999
SAVE $1,299
LIMIT 3 - Coupon valid through 8/30/18*

EARTHQUAKE XT — SUPER COUPON
20 VOLT LITHIUM CORDLESS EXTREME TORQUE 1/2" IMPACT WRENCH KIT
Customer Rating
1200 TORQUE FT. LBS. BOLT BREAKAWAY

• 4.0 amp hour battery
NOW $239.99
$259.99
COMPARE TO SNAP-ON MODEL: CT8850FRD, CT8810S, CTC720 $710.85
SAVE $470
ITEM 63852/63537 shown
LIMIT 4 - Coupon valid through 8/30/18*

SUPER COUPON
FREE CENTECH WITH ANY PURCHASE
7 FUNCTION DIGITAL MULTIMETER
• 3.5" LCD Display
• Battery Included

COMPARE TO PROSKIT MODEL: MT-1210 $13.51
ITEM 63604/63758
98025/69096/63759/90899 shown
LIMIT 1 - Cannot be used with other discount or prior purchases. Original coupon must be presented. Valid through 8/30/18 while supplies last. Limit 1 FREE GIFT per customer per day.

SUPER COUPON
20% OFF ANY SINGLE ITEM*
LIMIT 1 coupon per customer per day. Save 20% as any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, sales, esw mille, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Ames, Bauer, Cobra, Coverlay, Daytona, Earthquake, Fischer, Hercules, Icon, Jupiter, Lynx, Pontiac, Predator, Tailgator, Viking, Vulcan, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 8/30/18.

PITTSBURGH MOTORCYCLE — SUPER COUPON
1000 LB. CAPACITY MOTORCYCLE LIFT
Customer Rating
• Diamond plate steel platform and ramp
• Lift range: 7" to 29-1/2"

NOW $299.99
SAVE $500
COMPARE TO DIRECT-LIFT MODEL: 873100 $799.99
$429.99
ITEM 69904/68892 shown
LIMIT 3 - Coupon valid through 8/30/18*

PITTSBURGH AUTOMOTIVE — SUPER COUPON
1 TON CAPACITY FOLDABLE SHOP CRANE
• Boom extends from 36-1/4" to 50-1/4"
• Crane height adjusts from 82" to 94"
Customer Rating

NOW $99.99
SAVE $80
ITEM 69512/61858/69445 shown
$179.99
LIMIT 4 - Coupon valid through 8/30/18*

CENTRAL PNEUMATIC — SUPER COUPON
3 GALLON, 100 PSI OIL-FREE AIR COMPRESSORS

A. HOT DOG ITEM 69269/97080 shown
B. PANCAKE ITEM 60637/61615 95275 shown
• Air delivery: 0.6 CFM @ 90 PSI, 1 CFM @ 40 PSI
Customer Rating
YOUR CHOICE $39.99
COMPARE TO PORTER-CABLE MODEL: PCFP02003 $98.62
SAVE 59%
$57.99
LIMIT 3 - Coupon valid through 8/30/18*

BADLAND ZXR Battle Tested — SUPER COUPON
12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE
Customer Rating
• Weighs 86.4 lbs.
• 21" L x 10-1/8" H
NEW

NOW $299.99
$399.99
COMPARE TO WARN MODEL: 96820 $699.99
SAVE $400
ITEM 64046/64045 63770 shown
LIMIT 5 - Coupon valid through 8/30/18*

SUPER COUPON
HEAVY DUTY FOLDABLE ALUMINUM SPORTS CHAIR
Customer Rating

NOW $19.99
$29.99
COMPARE TO COLEMAN MODEL: 2000020293 $49.99
SAVE 60%
ITEM 62314/63066 66383 shown
LIMIT 7 - Coupon valid through 8/30/18*

HaulMaster — SUPER COUPON
STEP STOOL/ WORKING PLATFORM
Customer Rating

• 350 lb. capacity
NOW $19.99
$29.99
COMPARE TO GPL MODEL: H-21 $57.55
SAVE 65%
ITEM 62515/66911 shown
LIMIT 6 - Coupon valid through 8/30/18*

CHICAGO ELECTRIC WELDING — SUPER COUPON
125 AMP FLUX-CORE WELDER
EVERYTHING YOU NEED TO WELD
Customer Rating

NOW $99.99
$109.99
COMPARE TO IRONTON MODEL: 45433 $179.99
SAVE $80
ITEM 63583 63582 shown
LIMIT 5 - Coupon valid through 8/30/18*

SUPER COUPON
SOLAR ROPE LIGHT
Customer Rating
• Great outdoor accent lighting
• Super bright light

NOW $9.99
SAVE 66%
$13.99
COMPARE TO HAMPTON BAY MODEL: 82056-0555R $29.97
ITEM 62533/63941/68353 shown
LIMIT 9 - Coupon valid through 8/30/18*

CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON
12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW
Customer Rating
• Laser guide

NOW $129.99
$194.99
COMPARE TO KOBALT MODEL: SM3056LW $299
SAVE $169
Blade sold separately
ITEM 61969/61970 69684 shown
LIMIT 4 - Coupon valid through 8/30/18*

Haul Master — SUPER COUPON
12 VOLT MAGNETIC TOWING LIGHT KIT
Customer Rating

SAVE 70%
$18.99
NOW $9.99
COMPARE TO OPTRONICS MODEL: TL21RK $33.59
ITEM 63100
LIMIT 9 - Coupon valid through 8/30/18*

drill master — SUPER COUPON
1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)
Customer Rating

NOW $8.99
$14.99
COMPARE TO BLACK & DECKER MODEL: HG1300 $28.06
SAVE 67%
ITEM 62340/62546/63104/96289 shown
LIMIT 8 - Coupon valid through 8/30/18*

Bunker Hill Security — SUPER COUPON
WIRELESS SECURITY ALERT SYSTEM
Customer Rating

NOW $9.99
$15.99
COMPARE TO SWANN MODEL: SWHOM-DRIVEA $23.99
SAVE 58%
ITEM 61910/62447/93068 shown
LIMIT 7 - Coupon valid through 8/30/18*

PITTSBURGH — SUPER COUPON
7 PIECE PLIERS SET
LIFETIME WARRANTY

Customer Rating
$9.99
NOW $8.99
COMPARE TO HUSKY MODEL: 97019 $34.79
SAVE 74%
ITEM 69358/62599/62847/62600 shown
LIMIT 6 - Coupon valid through 8/30/18*

PORTLAND — SUPER COUPON
7 AMP ELECTRIC POLE SAW 9.5" BAR

6 ft. to 8 ft. 10"
Customer Rating
NOW $59.99
$79.99
COMPARE TO WORX MODEL: WG309 $99.98
SAVE $39
ITEM 68862/63190/62896 shown
LIMIT 4 - Coupon valid through 8/30/18*

CHICAGO ELECTRIC WELDING — SUPER COUPON
WELDING STORAGE CABINET
Customer Rating

33"
33-1/2"
19-1/2"
NOW $149.99
$169.99
SAVE $80
COMPARE TO KLUTCH MODEL: 48348 $229.99
ITEM 62275/61705 shown
Welders, tools & supplies sold separately.
LIMIT 5 - Coupon valid through 8/30/18*

PITTSBURGH — SUPER COUPON
9 PIECE, 1/4", 3/8" AND 1/2" DRIVE WOBBLE SOCKET EXTENSION SET
LIFETIME WARRANTY
Customer Rating

NOW $9.99
$14.99
ITEM 61278 67971 shown
COMPARE TO KLUTCH MODEL: 40033 $19.99
SAVE 50%
LIMIT 9 - Coupon valid through 8/30/18*

COVERPRO SUPER COUPON

10 FT. x 10 FT. PORTABLE SHED

Customer Rating

~~$159.99~~ NOW $139.99

COMPARE TO SHELTER LOGIC $236.89 MODEL: 70333 | SAVE $96

ITEM 63297

11132218

LIMIT 4 - Coupon valid through 8/30/18*

PITTSBURGH #1 SELLING JACKS IN AMERICA SUPER COUPON

RAPID PUMP® 3 TON STEEL HEAVY DUTY SERVICE JACK

- Lifts from 5" to 18-1/4"
- Weighs 74 lbs.

Customer Rating

NOW $74.99 ~~$87.99~~

COMPARE TO POWERBUILT $135.27 MODEL: 647593 | SAVE $60

ITEM 69227/62116/62584/68048 shown

11136029

LIMIT 5 - Coupon valid through 8/30/18*

U.S. GENERAL SERIES 2 SUPER COUPON

30", 5 DRAWER MECHANIC'S CARTS

Customer Rating FANTASTIC NEW COLORS

- 8100 cu. in. of storage
- 700 lb. capacity
- Weighs 139 lbs.

ITEM 64031

ITEM 64061 64059/64060 shown

YOUR CHOICE OF COLOR $169.99

ITEM 64032/64030/64033 shown

~~$199.99~~

COMPARE TO SNAP-ON $1,175 MODEL: KRSC33APBO | SAVE $1,005

11137675

LIMIT 3 - Coupon valid through 8/30/18*

KRAUSE&BECKER SUPER COUPON

AIRLESS PAINT SPRAYER KIT

Customer Rating

NOW $169.99 ~~$214.99~~

COMPARE TO GRACO $299 MODEL: 262800 | SAVE $129

ITEM 62915 60600 shown

11141305

LIMIT 5 - Coupon valid through 8/30/18*

WARRIOR SUPER COUPON

29 PIECE TITANIUM DRILL BIT SET

Customer Rating

NOW $9.99 ~~$17.99~~

COMPARE TO DEWALT $60 MODEL: DW1369 | SAVE 83%

ITEM 62281 61637 shown

11158183

LIMIT 6 - Coupon valid through 8/30/18*

Lynxx SUPER COUPON

40 VOLT LITHIUM CORDLESS BRUSHLESS BLOWER

Customer Rating

~~$139.99~~ NOW $119.99

COMPARE TO DEWALT $199 MODEL: DCBL790B | SAVE $79

ITEM 63284

11161524

LIMIT 5 - Coupon valid through 8/30/18*

PREDATOR SUPER COUPON

6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINE

Customer Rating

NOW $99.99

COMPARE TO HONDA $329.99 MODEL: GX200UT2QX2 | SAVE $230

~~$349.99~~

ITEM 60363/69730

ITEM 69727 shown, CALIFORNIA ONLY

11164947

LIMIT 3 - Coupon valid through 8/30/18*

PORTLAND SUPER COUPON

1750 PSI ELECTRIC PRESSURE WASHER

Customer Rating

- 1.3 GPM
- Adjustable spray nozzle

NOW $79.99

SAVE $99 ~~$99.99~~

COMPARE TO BRIGGS & STRATTON $179.33 MODEL: 20500

ITEM 63255/63254 shown

11165661

LIMIT 4 - Coupon valid through 8/30/18*

HaulMaster SUPER COUPON

72" x 80" MOVING BLANKET

Customer Rating

COMPARE TO BLUE HAWK $19.99 MODEL: 77280 | SAVE 70%

~~$29.99~~ NOW $5.99

ITEM 69505/62418/66537 shown

11166376

LIMIT 9 - Coupon valid through 8/30/18*

PITTSBURGH SUPER COUPON

225 PIECE MECHANIC'S TOOL SET

LIFETIME WARRANTY

Customer Rating

NOW $99.99 ~~$129.99~~

COMPARE TO KOBALT $199 MODEL: 05756 | SAVE $99

ITEM 64367 62664 shown

11177633

LIMIT 4 - Coupon valid through 8/30/18*

HERCULES SUPER COUPON

20 VOLT LITHIUM CORDLESS 1/2" COMPACT DRILL/DRIVER KIT

- 576 in. lbs. of torque
- 2.5 amp hour battery
- Weighs 3.6 lbs.

NOW $99.99 Customer Rating ~~$189.99~~

COMPARE TO DEWALT $179.99 MODEL: DCD708C2 | SAVE $80

ITEM 63381

11180729

LIMIT 5 - Coupon valid through 8/30/18*

CENTRALPNEUMATIC SUPER COUPON

Customer Rating

3/8" x 50 FT. RETRACTABLE AIR HOSE REEL

NOW $59.99 ~~$79.99~~

COMPARE TO KOBALT $99 MODEL: 60V-AIR184 | SAVE $39

ITEM 69265/62344/93897 shown

11201641

LIMIT 3 - Coupon valid through 8/30/18*

SUPER COUPON

Customer Rating

3 PIECE DECORATIVE SOLAR LED LIGHTS

SAVE 33% ~~$11.99~~ NOW $7.99

ITEM 60561/69462 shown

11202078

LIMIT 7 - Coupon valid through 8/30/18*

Haul Master SUPER COUPON

4 PIECE, 1" x 15 FT. RATCHETING TIE DOWNS

Customer Rating

- 400 lb. working load

NOW $6.99

COMPARE TO ATE TDDLS $40.88 MODEL: 33079 | SAVE 82%

~~$12.99~~

ITEM 63057/63056/63094 90984/60405/63150/61524 shown

11202290

LIMIT 8 - Coupon valid through 8/30/18*

CEN-TECH SUPER COUPON

AUTOMATIC BATTERY FLOAT CHARGER

Customer Rating

NOW $4.99 ~~$9.99~~

ITEM 64284/69955 69594/42292 shown

SAVE 50%

11202563

LIMIT 9 - Coupon valid through 8/30/18*

FISCHER HIGH PERFORMANCE LIFT SOLUTIONS SUPER COUPON

HEAVY DUTY MULTI-VEHICLE 750 LB. HIGH LIFT JACK

Customer Rating

- 750 lb. H-frame capacity
- 500 lb. saddle capacity
- Huge 23" max. lift height

NOW $179.99

ITEM 63298

COMPARE TO MOJACK $425.75 MODEL: PRO | SAVE $245

~~$219.99~~

11216831

LIMIT 4 - Coupon valid through 8/30/18*

HERCULES SUPER COUPON

Customer Rating

4-1/2", 7 AMP ANGLE GRINDER

NOW $34.99 ~~$39.99~~

COMPARE TO DEWALT $59 MODEL: DWE4011 | SAVE 40%

ITEM 63052 62556 shown

11219873

LIMIT 4 - Coupon valid through 8/30/18*

SUPER COUPON

10" PNEUMATIC TIRE

Customer Rating

NOW $3.99 ~~$5.99~~

COMPARE TO FARM & RANCH $10 MODEL: FR1055 | SAVE 60%

ITEM 69385/62388/62409/62698/30900 shown

11221006

LIMIT 9 - Coupon valid through 8/30/18*

WINDSOR DESIGN SUPER COUPON

60" HARDWOOD WORKBENCH WITH 4 DRAWERS

Tools sold separately.

Customer Rating

NOW $129.99

COMPARE TO GRIZZLY $415 MODEL: H7723 | SAVE $285

~~$159.99~~

ITEM 93454/69054/63395/62603 shown

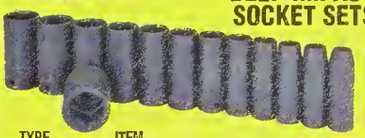
11222165

LIMIT 4 - Coupon valid through 8/30/18*

PITTSBURGH SUPER COUPON

Customer Rating

13 PIECE, 1/2" DRIVE DEEP IMPACT SOCKET SETS



TYPE	ITEM
SAE	69280/69333/69560
METRIC	69279/69332/69561

Item 69560 shown

YOUR CHOICE $19.99

LIFETIME WARRANTY

COMPARE TO HUSKY $55.51 MODEL: H20SAE11PCSH | SAVE 63%

~~$24.99~~

11222695

LIMIT 7 - Coupon valid through 8/30/18*

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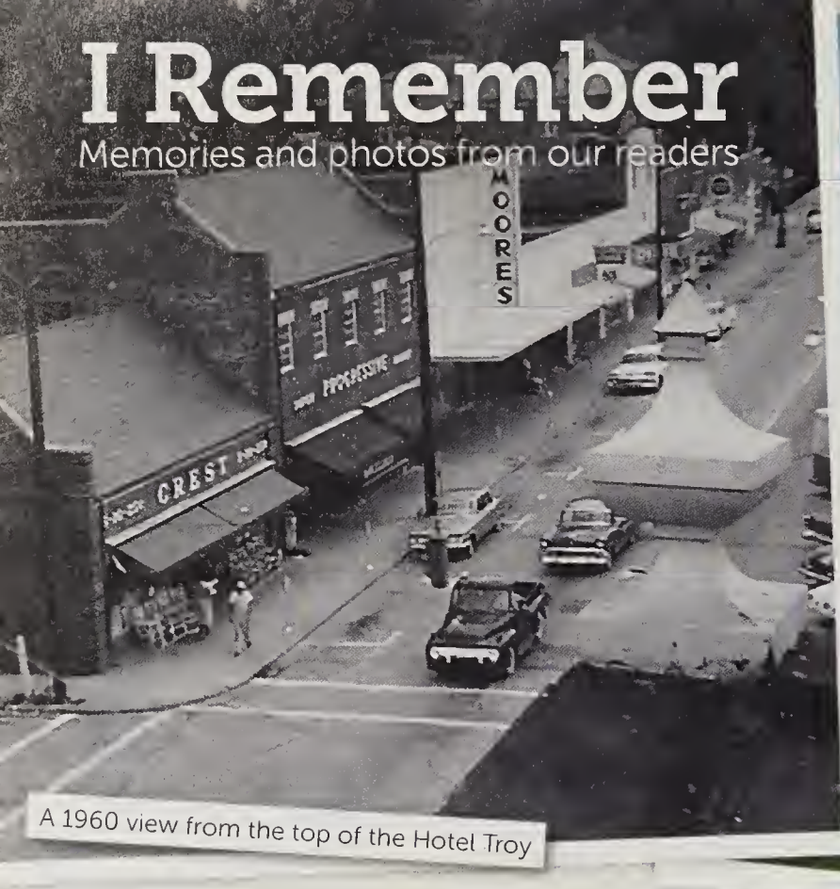
850 Stores Nationwide or HarborFreight.com

*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt Valid through 8/30/18.

At Harbor Freight Tools, the "Compare to" price means that the specified comparison, which is an item with the same or similar function, was advertised for sale at or above the "Compare to" price by another national retailer in the U.S. within the past 90 days. Prices advertised by others may vary by location. No other meaning of "Compare to" should be implied. For more information, go to HarborFreight.com or see store associate.

I Remember

Memories and photos from our readers



A 1960 view from the top of the Hotel Troy

Mama's drawing of the homeplace

Learning Responsibility as a Paperboy

When I was 11 years old, I took my first real job delivering The Charlotte News all over Troy, NC. Six papers, Monday through Saturday, for 30 cents—leaving a dime profit for me! Back then most boys would roll and throw the papers as they pedaled by. But I would stop at each house and carefully slide the flat paper to the front door.

I often stopped by the local Chevy dealer, across from the courthouse, where my father worked. He was always happy to see me. If it was baseball season there would be a game coming from a dusty radio removed from some car long ago.

Sometimes it was cold and rainy, sometimes it was hot, and sometimes it was good weather for playing with friends along the way. But not for long. I had a sense of responsibility that was growing as I matured.

Somewhere in the middle of my route was the home of Mrs. Grant, my piano teacher from second grade. One winter day I got home and noticed I had an extra paper left over. I had no idea why. Shortly after dark, the phone rang, it was Mrs. Grant wondering where her paper was. Daddy took the call and then we got in the car to drive across town to make the delivery. I am sure I apologized as I would to any of my customers if it ever happened again. But it didn't.

Johnpaul Harris, Asheboro, a member of Randolph EMC

Send Us Your Memories We love sharing photos and memories dear to our readers. Submit your photo, plus roughly 200 words that describe it, online or by mail with a self-addressed, stamped envelope if you want it returned (only one entry per household, per month). Include your name, mailing address, phone number or email address, and the name of your electric co-op. We retain reprint rights, and we'll pay $50 for those we publish. **Online:** carolinacountry.com/contact **U.S. Mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

My Mama

Della Stout was the sweetest mama that ever lived. She lived for 88 years. My mama would get up at five o'clock in the morning and start a fire in the fireplace. Our family didn't have a well, electric lights or a bathroom. We used an outside toilet. Mama cooked on the hearth, where she would remove coals from the fireplace, and bake bread in a skillet. She had a small wood stove where she cooked pies and cakes. Mama cooked over the fireplace in a big black pot. We ate potatoes, beans or peas, with fatback meat cooked in it.

Her seven children took lunches to school. She would cook biscuits and placed ham, sausage or a potato patty in each. For dessert, Mama would send molasses cake, cookies or a sweet potato.

We would wash clothes on a washboard, at the branch, scrubbing and rinsing them, then take the clothes in a wheelbarrow up two small hills to hang them on a clothesline.

Mama and her four daughters would can all the food we had in glass jars to eat in winter months. Our family had two gardens. We would buy sugar, coffee, vinegar and kerosene at the local store.

When my sisters, brothers and I would turn 14 years of age, we would help milk cows for milk for cooking and drinking. We had chickens for eggs and hogs for meat and bees for honey.

Mama loved us and sent us to Sunday School on Sundays. She would go with us when possible. Mama was a Christian and prayed for her children, husband and family. She was a sweet mama, one of the best.

Geneva Stout Brown, Asheboro, a member of Randolph EMC

A Courting Letter

My grandfather, Powell S. Cooke, wrote the following letter to my grandmother, Mary Elizabeth Simmons, about two months before they were married. The letter is dated October 20, 1913, from Mt. Airy. They were married on January 21, 1914.

Evidently, Grandpa was a pretty fast operator, going from "Miss Mary, Kind Friend," to being her husband less than two months later! They had seven children, including my mother Nelia Vora. I still live on the farm they lived on and am blessed to be part of this family.

> Miss Mary, Kind Friend,
>
> How are you enjoying life, fine I guess, I have just got back from across the mountain. I had a very good time over there and now I am getting ready to go to Winston-Salem with some tobacco. I guess I will start Wednesday. If I do, I will be at your house Saturday. Guess you have forgotten me by this time.
>
> I have been stripping tobacco and couldn't get to see you. You don't know how bad I want to see you.
>
> I heard from you the other day. I heard you was down at Jane Cain's and stayed all night.
>
> Guess you went to meeting Sunday. It rained all day up here and I was at home all day and I got so lonesome. I sure wished you could been with me.
>
> I guess I better close.
>
> From your best friend, Powell

The letter included a short poem:

> Remember me in the morning
> Remember me at night
> Remember me dear sweetheart
> And don't forget to write

Ruth Simmons, Pilot Mountain, a member of Surry-Yadkin EMC

Beach Sisters Memories

While growing up, my family always took a week's vacation to Carolina Beach. In 1950, there were four girls at home ranging in ages 17 to 7. The two older girls always brought a friend so Dad put the seats back in our Packard car and placed a mattress for all of us to ride on. You can imagine six girls traveling with no seat belts in the back of that car! There was a lot of giggling and wiggling!

We stayed at the same apartment house every year owned by "Ma Ritchie." I never knew her full name, but she always welcomed us like family. We fell asleep at night listening to music coming in our open windows from the dance hall behind us.

My sister and I are in this picture with our pinwheels. We were youngest of the girls and we stuck together. Dad was busy trying to keep up with the four teenager girls, so you can imagine his headache. My mom cooked all our meals so it never seemed like much of a vacation for her, but she never complained.

Mom was never worried about us getting lost and said just stay together. We were free to explore our favorite places, like the skating rink, Britt's Donuts and the movie theater. I can remember going to see the movie "White Christmas" in the summer. It was a strange feeling after watching snow scenes then coming out into the hot sunshine.

My younger sister and I live in the same town and still travel together with our families. Family trips are so special and we are so thankful for our families and our memories.

Barbara Booth, Mebane, a member of Piedmont Electric

May events

Garden Jubilee
May 26–27, Hendersonville

Mountains

Savor Blowing Rock
Celebration of local flavors
May 3–6, Blowing Rock
828-295-7851
savorblowingrock.com

Tanya Tucker
Country music
May 4, Franklin
866-273-4615
greatmountainmusic.com

Gears & Gables
Bicycle ride for housing
May 5, Rutherfordton
828-248-3431
info@rutherfordhousingpartnership.com

Spring Concert
Haywood Community Chorus
May 6, Waynesville
828-557-9187
haywoodarts.org

Chamber Golf Classic
May 9, Hayesville
828-837-2242
cherokeecountychamber.com

Tourism Day
Games, clogging
May 11, Mars Hill
828-689-4257
nccommerce.com

Magic in the Mountains
Family-oriented magic show
May 12, Blowing Rock
828-295-9099
blowingrockmuseum.org

Tim Hawkins
Comedy show for family
May 18, Franklin
866-273-4615
greatmountainmusic.com

Open Studio Art Tour
May 19, Asheville
828-253-7651
grovewood.com

Ashe County Marathon Jam
Live music benefit
May 19, West Jefferson
678-920-3086
marathonjam.org

Art in the Park
Regional artisans
May 26, Blowing Rock
828-295-7851
blowingrock.com

Garden Jubilee
Vendors for decor, plants
May 26–27, Hendersonville
800-828-4244
visithendersonvillenc.org

Art in Bloom
Floral artwork
May 26–28, Flat Rock
828-698-7000
galleryflatrock.com

ONGOING

Summer Concert Series
Fridays, Morganton
828-438-5252
morgantonfest.org

Blithe Spirit
Play by Noël Coward
May 5–19, Burnsville
828-682-4285
parkwayplayhouse.com

Interactions
Ceramic sculptures, teapots
May 5–June 3, Asheville
818-253-7651
grovewood.com

Piedmont

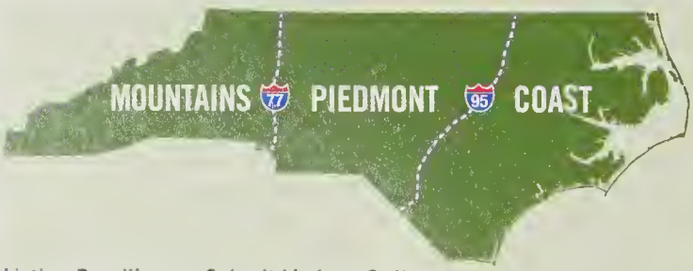
Shakori Hills GrassRoots Festival
Music, dance
May 3–6, Pittsboro
919-542-8142
shakorihillsgrassroots.org

Lions, Tigers & Beer
Tours, sample food
May 4, Burlington
888-650-1139
conservatorscenter.org

Highland Games
May 5, Winston-Salem
336-924-8191
www.historicbethabara.org

Craft & Vendor Extravaganza
May 5, Rocky Mount
252-813-2571
spridgen02@aol.com

carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.



Listing Deadlines:
For July: May 25
For Aug.: Jun 25

Submit Listings Online:
carolinacountry.com/calendar
(No email or U.S. Mail.)

Ole Gilliam Mill Crank-Up
May 19–20, Sanford

Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Spring Fling
May 5, Hillsborough
919-732-7451
burwellschool.org

Dulcimer Festival
May 5, Winston-Salem
919-302-4400
winstonsalemdulcimerfestival.com

Chonda Pierce: Getting Back to Funny Tour
May 9, Fayetteville
910-438-4100
crowncomplexnc.com

LaurelFest Community Festival
Gospel concert, arts
May 11–12, Laurel Hill
910-462-2424
shawl28@gmail.com

Historic Cemetery Walking Tour
Docents share stories
May 12, Wake Forest
919-435-9570
wakeforestnc.gov

Art Crawl
May 17, Hickory
828-322-1121
downtownhickory.com

Karz for Kidz
Car, truck show
May 19, Fayetteville
910-728-5372
newlifehopemills.com

Music, Dance 'n Que
Fundraiser festival
May 19, Pineville
704-889-7145
jameskpolk.net

The Color Run Hero Tour 5K
Unique paint race
May 19, Fayetteville
910-438-4100
thecolorrun.com

20th Annual Show-Off
Car, truck & motorcycle show
May 19, Lexington
336-357-7126
facebook.com/americanchildrenshome

Blues & Brews Festival
Fundraiser for charities
May 19, Durham
919-696-7733
durhambluesandbrewsfestival.com

Ole Gilliam Mill Crank-Up
Vintage equipment demos
May 19–20, Sanford
301-675-1596
olegilliammill.org

Mountain Music Festival
Vendors, camping
May 24–26, Snow Camp
336-376-8324
littlejohnsmountainmusic.com

Heart & Soul in the Park
Music, food trucks
May 25–26, Fayetteville
910-987-5148
alumnimusicfest.com

ONGOING

Crowns: A Gospel Musical
May 17–June 3, Fayetteville
910-323-4233
cfrt.org

Combinations
Pottery, photos, paintings
May 21–June 24
919-732-5001
hillsboroughgallery.com

Elizabeth Bradford Exhibition
Depictions of nature
Through July 31, Cary
919-447-4000
theumstead.com

Coast

Singing into Spring
Choral concerts
May 3, 5–6, New Bern
252-670-0230
facebook.com/cravencommunitychorus

Rissi Palmer
Southern soul music
May 4, Oriental
252-617-2125
pamlicomusic.org

Business Expo
Prizes, samples, seminars
May 4, Greenville
252-752-4101
greenville.org

May Play Day
Games, entertainment
May 5, Edenton
252-333-8670
visitedenton.com

Juleps & Jazz
Derby-style fun, prizes
May 5, Supply
910-612-7912
gfwcsbi.org

African American Music Series
May 11, Greenville
252-551-6947
pittcountyarts.org

Music & Water Festival
May 18–19, Edenton

Garden Club Herb Sale
May 12, Washington
585-233-3744
bit.ly/wgc-herbsale-2018

Music & Water Festival
Boat rides, vendors
May 18–19, Edenton
252-482-0300
visitedenton.com

Kings of Q Festival
Parade, vendors
May 18–19, Ayden
252-481-5828
aydenbbq.org

Bath Fest
Arts, pirates
May 19, Bath
252-923-3971
bathfest.com

Antique Auto Show
May 19, Morehead City
252-240-9864
daytonacoupe@gmail.com

Country Roads Bike Tour
Roanoke River Valley views
May 19, Scotland Neck
252-826-3152
townofscotlandneck.com

Concert at Fort Macon SP
May 25, Atlantic Beach
252-726-3775
friendsoffortmacon.org

5K & Fun Run
Charity benefit
May 26, Pine Knoll Shores
252-808-2998
k4tw.org

Reception & Auction
Charity benefit
May 31, Pine Knoll Shores
252-808-2998
k4tw.org

ONGOING

Art Exhibit
League members' works
May 4–June 28, Hertford
410-746-5204
perquimansarts.org

SummerFest
Concerts
May 24 & 31, Shallotte
910-754-4302
townofshallotte.org

There are more than 250 farmers markets in North Carolina. For one near you, visit bit.ly/NCfarmmarkets.

Lexington: a Destination with 'Cue as its Core

By Renee C. Gannon

Once a key furniture and textile manufacturing town in the Piedmont Triad, Lexington is in the midst of a rejuvenation period, expanding its economic interests in business as well as becoming a destination for travelers.

One economic driver that hasn't changed for more than 100 years is barbecue. The town is actually "built" on the history of cooked pork. True story: during renovations of City Hall in 2014, the first original brick and mortar BBQ pit built by Alton Beck was discovered behind a brick wall. The pit is now showcased at the hall.

Barbecue is the main reason more than 200,000 people visit Lexington in October, to attend the annual Lexington BBQ Festival. That's quite a few extra folks in this town of 19,000. But the area offers more than just good 'cue.

Downtown Lexington

Family businesses are a mainstay in downtown Lexington. At the Conrad & Hinkle Food Market, third-generation owner Lee Hinkle still uses his grandmother's pimento cheese recipe in the store's deli, and the spread has quite the following. Hinkle said he makes about 1,800 pounds of pimento cheese a week. The store will celebrate 100 years in 2019.

Second-generation sisters Jeanne Leonard, Leigh Foster and Beth Dean own and run the Candy Factory, once part of the Piedmont Candy Company owned by their father (see "Southern Refresh-Mints" on page 10 of our December 2017 issue). At Lanier's Hardware, if you can't find what you need in the 85,000-square-foot, 80-year-old store, then you probably don't need it.

Newer businesses are also opening in the brick manufacturing buildings just off Main Street. Bull City Ciderworks opened in 2017 in the old Lexington Furniture plant, with plans to open a microbrewery and begin an urban apple orchard to go with the town's open greenspace and amphitheater in this depot district.

BBQ highlights

How many barbecue restaurants are in and around Lexington, also known as the Barbecue Capital? At last count, 15 locations serve wood-fired and slow-cooked pork shoulders, chopped, coarse chopped or sliced, covered in "dip." Dip is the local thin, tangy sauce made with vinegar and ketchup as its main base. Plates come with an extra cup of dip on the side to use at your palette's pleasure. And don't forget the barbecue slaw, a unique red slaw made with the same ketchup and vinegar base as the dip.

The BBQ restaurants do not view each other as competition, but more like family. Most are run by second- or third-generation members. Each serve up a variation of smoke-flavored pork, red slaw and hushpuppies; but also a few standout sides and desserts. Banana pudding is the mainstay, but at The Barbecue Center, it's the 3.5-pound banana split that garners attention. Customers view it as a point of pride if they can finish the ice cream dish that is as big as your head.

A customer at Backyard Barbeque commented that he is amazed at the ways you can get BBQ here. "Must be 10 ways you can order, coarse chopped, fine chopped, chopped, chopped brown, sliced...and all come with dip, which also can be found with various degrees of vinegar and ketchup, slaw can be fine chopped, coarse chopped..." he said chuckling. "Then the hushpuppies, come round, thin, fat, oblong, dense or light."

Burning calories outdoors

Visitors can burn those BBQ and banana pudding calories by paddling or hiking myriad trails not far from town.

The North Carolina Daniel Boone Heritage Canoe Trail travels 22 miles along the Yadkin River, with access points and historical markers along the entire route. Historical points include Boone's Cave Park, reachable from the Baptism Rock access point. The park, named for the legendary cave that many believe served as the Boone family's first home, offers 7 miles of trails in just over 100 acres of woods.

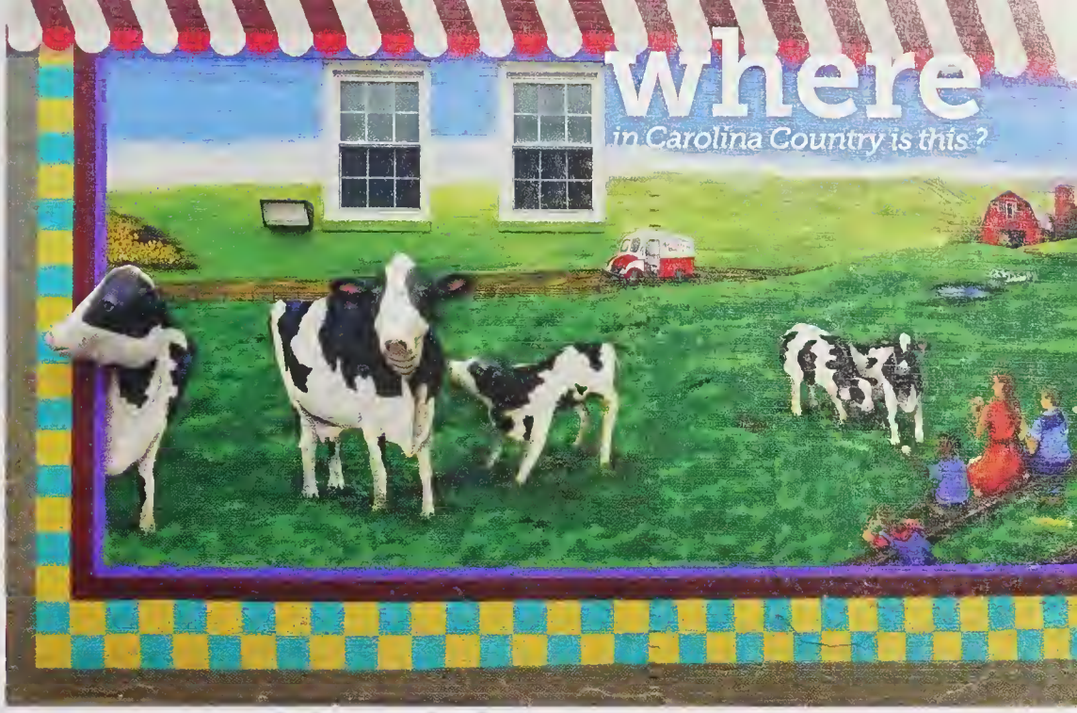
And you can get in a little swimming at High Rock Lake—just be sure to wait an hour after polishing off a fine-chopped barbecue plate with slaw, hushpuppies and a hefty helping of banana pudding.

Plan Your Trip

Travel Information
visitlexingtonnc.com | 866-604-2389

Lexington BBQ Festival
October 27, 2018
barbecuefestival.com | 336-956-1880

carolinacountry.com/extras
Oggle photos of The Barbecue Center's 3.5-pound sundae, as well as other scenes and video of Lexington.



Where in Carolina Country is this?

Send your answer by Sunday, May 6, with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our June issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

April winner

The April Where Is This photo from EnergyUnited member Barry Smith features the John Teague General Store on Rink Road between the Wittenburg and Bethlehem communities, just outside of Taylorsville. John and Vera Teague owned and operated it from the 1940s until it closed in the early 1970s. Reader Cathy Hickerson remembers buying ice cream at the store as a child. The building now houses antiques, and a few readers commented about the "finds" they've purchased here. The winning entry chosen at random from all the correct submissions came from Shelia Helton of Hudson.

CAROLINA COUNTRY

scenes

photo of the month

Inchworm Antics

My three-year-old granddaughter Kaitlyn studies inchworm antics intently. Taken at the picnic area of Craggy Gardens along the Blue Ridge Parkway.

Darrell Edwards, Polkton
A member of Pee Dee Electric

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2018 photo contest ("Carolina Country Scenes," January 2018). See even more Photos of the Week on our website carolinacountry.com.

The Case for Kousa

Another option for dogwood lovers

Story and photos by L.A. Jackson

Rare are the times I bad-mouth our native dogwoods (*Cornus florida*), the small trees that bear North Carolina's state flower, but often you will hear me comparing these indigenous beauties to a popular Far East import, the Kousa dogwood (*Cornus kousa*).

There is certainly no competition intended. Rather than detract attention away from NC's home-grown doggies, I see the Kousa as an appealing partner when it comes to creating a satisfying landscape show.

The Kousa's differences actually make it easier to pair with *Cornus florida*. For starters, the flowers of this Oriental cutie open weeks later than the common dogwood, meaning gardeners who want to extend their pleasure of enjoying dogwood blooms deep into the spring season can do so by planting both.

Kousa blossoms also have their own look. The white petals (actually bracts) are stubbier—in an attractive way—and pointed on the ends. In addition, its flowers tend to cluster and flow more, creating pleasant sweeps of blooms made brighter by the tree's flush backdrop of rich green leaves.

Handsome berries from Kousa flowers will usually form late in the summer. These large, knobby, red orbs are edible, having a mild apple-like taste, but getting past the bitter skin and through the many seeds makes it tough to enjoy them as a snack. Birds will have at 'em, normally when the berries are past prime and mushy.

One advantage the Kousa dogwood has over its native cousin is disease resistance, especially when it comes to powdery mildew and the dreaded, often-written-about dogwood anthracnose. In the bad bug department, it is also less likely to be bothered by the pesky dogwood borer.

And although it might sound strange, this import seems to take sizzling rays of our southern summer sun better than the indigenous *Cornus florida*, but choosing a location that provides at least some shade from the scorch of the afternoon sear will help it to thrive rather than just survive.

The Kousa can stand more sun, but its shallow root system won't tolerate dry conditions, so mulch should be spread under the tree's canopy and, when the rains don't come, be sure to water.

Of course, you won't find Kousa dogwoods out in the Carolina wilds, but they certainly will be easy to spot at quality retail plant centers. Being tough, dependable and, yep, pretty, Kousa cultivars are desirable to both nurserymen and backyard gardeners alike!

L.A. Jackson is the former editor of Carolina Gardener Magazine. Contact L.A. at lajackson1@gmail.com.

Garden To-Do's for May

What's the difference between a frog and a toad? Most frogs will normally have moist-looking, smooth skin, and they need to live near water, while toads sport a dry, bumpy hide and are more inclined to be land dwellers. However, since the two are efficient hunters of such plant pests as beetles, grubs, cutworms, grasshoppers, snails and slugs, both should be considered garden buddies and left alone to patrol the rows and beds during the growing season.

- ☐ Haven't planted veggies such as lima beans, eggplant, okra, peppers and sweet potatoes yet? Good. These edibles are real heat-lovers, so waiting until May when the spring warmth has really settled into the soil will get them off to faster starts.
- ☐ A good weed block to combine with organic mulches is a layer of three to four pages of newspaper. Put on the ground first and then covered with mulch, this paper barrier will discourage most weeds for at least one growing season before decomposing.
- ☐ If your house cactus, African violet or amaryllis has become slightly root-bound in its container, don't re-pot—the cramped quarters will encourage blooming.
- ☐ Placing a rain gauge in the garden can add more precision to your plant-watering decisions.

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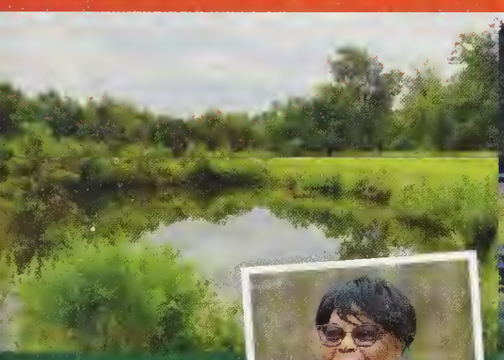
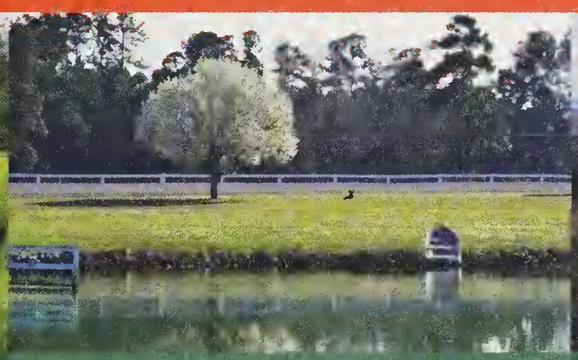
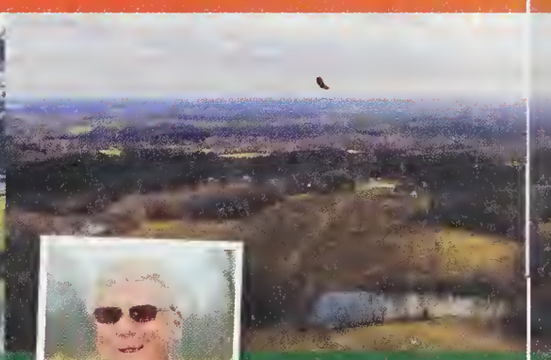


"What I really liked, is that everything your representative said to me was true. I didn't have to follow up, the paper work came to me. And I am one of those people that believes good customer service is still very important." **– Kay F.**



"It's beautiful to be able to come here and just have the solitude, wet a hook, and just get back to nature. Plus, I can [rent my property], but on the other side of my farm, I can carry on with regular operations."
– Chuck C.



"Right away it struck a chord with me because I know how hard it can be to find land. So far it's been a positive experience and I feel like its going to continue to be so. I really expect that for the next few years, this will be a great program for me as well as for others that have land that they want to put to use." **– Dickie K.**

Play it Cool this Summer

By Pat Keegan and Brad Thiessen

Energy bills can creep up during the hot summer months, but there are several ways to make your home more comfortable without breaking the bank. Many solutions are low-cost, while some require a bigger investment. In the end, you can be more comfortable and have lower energy bills this summer.

Minimize heat gain

The first step is to reduce your home's solar gains—the heat energy it collects from the sun. Since most solar gains originate through your home's windows, awnings are an effective solution. They can reduce solar heat gain by as much as 65 percent on south-facing windows and 77 percent on west-facing windows. You can also try less expensive solutions on the outside or inside of your windows, like reflective films and solar screens. Heavy window coverings also work and have the added benefit of reducing heat loss in winter.

Two areas that can be major sources of heat gain are skylights and attics. Reflective film or specially designed window coverings are potential solutions for skylights. Attics can become extremely hot and radiate heat through the ceiling into your living space. Abundant venting through the roof, gable or eaves is one solution, but you also need adequate attic insulation.

Another important step is to seal air leaks around windows, doors, plumbing and wiring penetrations to keep warm air out and cool air in.

Excess heat can also be generated inside your home—and at your expense. Here's a quick list of simple steps you can take:

- Make it a habit to turn off lights and TVs in rooms that aren't in use.
- Incandescent light bulbs generate a lot of heat. Replace them with LEDs.
- Unplug devices you aren't using, like chargers, computers, monitors and consumer electronics. Many of these use phantom power that keeps them on constantly (even when they're not in use), which generates heat.
- Maintain appliances for peak efficiency. For example, clean your refrigerator coils.
- Lower your water heater temperature to no higher than 120 degrees Fahrenheit and your refrigerator to no lower than 38 degrees Fahrenheit. Also consider insulating your hot water pipes.
- Minimize use of your oven, and don't run the dishwasher or washing machine until they are full.

Sealing air leaks is critical to keeping the home's interior cooler than the exterior.

Awnings and shade trees are effective in making your home cooler during summer months.

Maximize cooling

Now that you've worked on keeping heat out of your home and minimizing the waste heat generated inside, let's look at how to make the inside air cooler. That starts by assessing your air conditioning (AC) system.

If you have central AC, make sure it's working efficiently. Replace the filters regularly, and check to see if your supply registers are open. AC systems need to push an adequate amount of air into the supply ductwork to function properly.

If you do not have central AC, window units can be an efficient solution if they are Energy Star®-certified and only used to cool part of the home, part of the time. Make sure to seal any openings around the window unit.

The least expensive way to cool yourself is air movement. A portable fan or ceiling fan (turning counter-clockwise) can make a room feel up to 10 degrees cooler, but keep in mind, fans cool people. Turn them off when you're not in the room.

If you live in an area where the night air is cool and not too humid, you can exchange your hot air for cool outdoor air by opening the windows and turning on your kitchen and bath fans. Or you can place a fan in one window to exhaust the warm air and open another window at the opposite end of the house to allow the cooler night air inside. The permanent (but more expensive) option is to install a whole-house fan.

Remember, there are several ways to keep cool and increase comfort. I hope these tips will make your summer more enjoyable!

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. Visit carolinacountry.com/your-energy for more ideas on energy efficiency.

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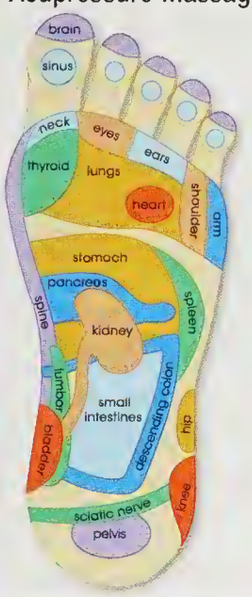

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Do Battery-Powered Yard Tools Make the Cut?

By Hannah McKenzie

Q: I am looking for ways to simplify yard chores, and a battery-powered leaf blower and trimmer seem to fit the bill. What are the pros and cons of using electric equipment to maintain my yard? What considerations should I keep in mind?

A: Seeing more battery-powered yard tools for sale in recent years is exciting! In addition to leaf blowers and string trimmers, battery-powered hedge trimmers, edgers, leaf vacuums, cultivators and even chainsaws are available. (Not to mention mowers—see "Mowing with Electricity" on page 24 of our April issue.) There are a number of compelling benefits:

1 **Easy maintenance.** Battery-powered equipment needs only routine cleaning, proper battery storage and charging, while 2-cycle engines need fuel, oil, filters, tuning and a knowledgeable caretaker.

2 **No exhaust.** We all can attest to the smelly, headache-inducing exhaust fumes from 2-cycle engines. Even the best-selling 2-cycle engine leaf blower emits nearly the same amount of exhaust in one hour as a 2016 Toyota Camry being driven 1,100 miles, which is like driving from Murphy to Manteo and back. Some professional lawn maintenance companies are transitioning to electric equipment to lessen the health impacts for their crews.

3 **Low cost.** The energy needed to charge these batteries varies and will likely go unnoticed on your household power bill. Still, unplug chargers when they are no longer actively charging batteries. Gas or premix fuels are not needed for these battery-powered options.

Using battery-powered equipment isn't all sunshine and roses, however. There are a few downsides to consider:

- **Battery life limitations.** Average battery life is 30 minutes, which might be enough to leaf-blow a quarter acre. Ask about the battery run time for your applications.
- **Charge time.** Battery charging time can range from one hour to half a day. Check product details before purchasing tools.
- **Battery replacement.** Replacing batteries may be an aggravating hurdle. While a 2-cycle engine can be serviced and repaired for a decade or more, some batteries will not last more than five years before needing to be replaced. Most large home improvement stores offer battery disposal for free.

As with any expensive purchase, it's important to compare products. Consumer Reports and Popular Science have thorough videos, reviews and information about the dizzying variety of brands and products available. The main things to consider are:

- **Your needs.** What is the size of the area you are maintaining? What are you trying to cut, blow or trim? How comfortable are different models? What sort of battery-powered equipment do you want? Does the equipment have interchangeable batteries?
- **Batteries.** How long will a battery last when in use? How long will it take to charge? Will it need charging during the off-season?
- **Warranty.** How many years is the product covered?

Hannah McKenzie is a building science consultant for Advanced Energy in Raleigh.

Care and Feeding of Your Batteries

Lithium-ion batteries deteriorate in cold temperatures and typically need to be stored between 40 and 80 degrees Fahrenheit. Confirm the specific temperature ranges for your batteries in the user manual, and designate a suitable year-round storage location.

Off-season charging may be needed. The user manual will indicate whether a battery should be charged at least every two months or can be left collecting dust all winter.

ADVERTISEMENT

Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health

by David Waxman
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results…

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems… even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened… Not only were all the issues I had with my stomach gone - completely gone – but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion… soothe aching joints… reduce the appearance of wrinkles and help restore hair and nails … manage cholesterol and oxidative stress… and improve sleep and brain function… without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

- **Helps End Digestion Nightmares**
- **Helps Calm Painful Inflammation**
- **Soothes Stiff & Aching Joints**
- **Reduces appearance of Wrinkles & Increases Elasticity**
- **Manages Cholesterol & Oxidative Stress**
- **Supports Healthy Immune System**
- **Improves Sleep & Brain Function**

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL-FREE 1-800-748-4119** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.

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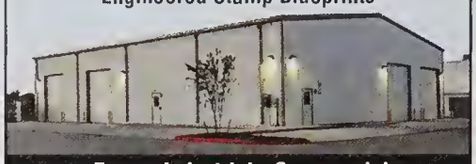
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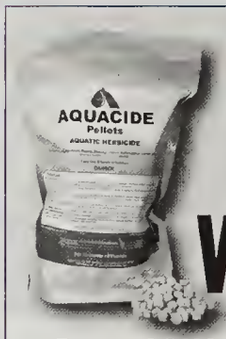

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Hawaiian Macaroni Salad

Authentic Hawaiian macaroni salad is all about mayonnaise, and a LOT of it! Usually slightly overcooked (to absorb the dressing), it is a staple on Hawaiian "lunch plates" alongside grilled, fried or teriyaki meats. Enjoy this simple tropical make-ahead side salad this summer!

- 1 pound elbow macaroni
- ½ cup sweet pickle juice*
- 1 large carrot, grated
- ½ large onion, grated
- 1 small bunch green onions, diced
- 2½ cups mayonnaise
- ¾ cup milk
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon black pepper

Cook macaroni per directions plus 2 minutes until soft. Drain. Stir in pickle juice. Cool 20 minutes.

Add carrot and onions. Combine remaining ingredients and mix into macaroni. Chill 4 hours, or overnight (best). If not moist and creamy, stir in more milk at serving time.

Remember, this salad is all about the "creaminess."

**Vinegar with sugar can be substituted for pickle juice. This is important for mayonnaise absorption into the macaroni.*

Yield: 8 to 10 servings

Aloha Hula Hot Dogs

Hot dogs are such a fun food for entertaining, and we do love our traditional fixin's here in the South. But how about a fun twist? Light the Tiki torches and head outside!

- 2 (8-count) packs hot dogs
- 2 (8-count) packs Hawaiian hot dog rolls
- 1 (8-ounce) can pineapple slices (save the juice)
- 1 red onion, sliced into rounds
- ¾ cup teriyaki glaze, divided
- 1 can Spam, diced, microwaved 2 minutes until crispy
- 2 jalapeños, thinly sliced
- Toasted sesame seeds

Mango Slawsa

- 1 14-ounce package slaw mix*
- 2 mangoes, peeled and diced
- 1 cup chopped cilantro, divided
- Juice from sliced pineapple
- Juice of 1 lime
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon each salt and pepper

First, combine slawsa ingredients (using ½ cup cilantro) and let marinate several hours or overnight.

Grill hot dogs and buns. Brush pineapple and onion with teriyaki glaze. Grill until lightly charred. Roughly chop.

Stuff grilled dogs into grilled buns. Top with slawsa.

Scatter with pineapple, onion, Spam, jalapeños, remaining cilantro, sesame seeds and drizzle of teriyaki glaze.

**We used a kale mixture for the slaw mix.*

Yield: 16 hot dogs

From Your Kitchen

Easy Strawberry Cobbler

- 1 stick of butter
- 1 cup flour
- 2 cups sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 3 cups strawberries, chopped
- 1 cup water
- Cinnamon, to taste

Preheat oven to 350 degrees.

Melt the butter in a 9-by-13-inch baking dish. Mix the flour, 1 cup sugar, baking powder and salt in a bowl. Stir in the milk gradually. Pour this mixture into the baking dish.

Combine the strawberries, water and remaining sugar. Pour this mixture over the batter and sprinkle with cinnamon.

Bake for 45 minutes, or until golden brown. Cut into squares or spoon into dish and top with whipped cream or ice cream. Enjoy!

Recipe courtesy of Ernestine Lathan, Windsor, a member-owner of Roanoke Electric Cooperative

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC, 27611. Or submit your recipe online at: carolinacountry.com/myrecipe.

—Jenny Lloyd, recipes editor

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist and blogger, who chats about goodness around NC on her blog at WendysHomeEconomics.com.

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*Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/Sling or Hopper 3 $5/mo. more. Upfront fees may apply based on credit qualification. Fees apply for additional TVs: Hopper $15/mo., Joey $5/mo., Super Joey $10/mo. All offers require credit qualification, 2-Year commitment with early termination fee and eAutoPay. Offer for new and qualifying former customers only. Important Terms and Conditions: Qualification: Advertised price requires credit qualification and eAutoPay. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 7/11/18. 2-Year Commitment: Early termination fee of $20/mo. remaining applies if you cancel early. Included in 2-year price guarantee at $59.99 advertised price: America's Top 120 programming package, local channels, HD service fees, and Hopper Duo for 1 TV. Included in 2-year price guarantee for additional cost: Programming package upgrades ($69.99 for AT120+, $79.99 for AT200, $89.99 for AT250), monthly fees for upgraded or additional receivers ($5-$7 per additional TV, receivers with additional functionality may be $10-$15). NOT included in 2-year price guarantee or advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. Premium Channels: 3 Mos. Free: After 3 mos., you will be billed $55/mo. for HBO, Cinemax, Showtime, Starz and DISH Movie Pack unless you call to cancel. Gift and Pre-paid Cards: Courtesy of GoDISH.com for credit-qualified customers. Customers who do not qualify may be eligible for a secondary gift offer. Cards are issued by Citibank, N.A. pursuant to a license from Visa® U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa® debit cards are accepted. Cards expire 6 months from date issued. Mail-in redemption form is required within 60 days of qualified activation to receive gift. Customer account must be current and in good standing at the time of redemption. Allow 6-8 weeks for delivery of gift. Other: Netflix streaming membership required. All packages, programming, features, and functionality and all prices and fees not included in price lock are subject to change without notice. After 6 mos., if selected you will be billed $8.99/mo. for DISH Protect Silver unless you call to cancel. After 2 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. Free standard professional installation only. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. © 2018 GoDISH.com. All rights reserved. Internet speeds, prices, and providers vary by customer address. $49.99 price refers to 25Mbps plan. Restrictions apply. 25 Mbps internet service available nationwide, but may become temporarily unavailable to certain addresses based on local beam capacity. Availability is subject to change without notice. Internet not provided by DISH and will be billed separately. Call for details.